ACCESS LEGAL RESEARCH INC.
• CRIMINAL PARDONS/ U.S. WAIVER
• NO FAULT DIVORCE
• SMALL CLAIMS COURT UP TO $25,000
OPEN SATURDAY BY APPOINTMENT
CALL 228-2469

The world's largest global newspaper
metro®
CALGARY • WEEKEND, JULY 10-12, 2009 metronews.ca

Third animal put down at Stampede

STEER A third animal had to be euthanized Thursday at the Calgary Stampede.

The steer had suffered soft-tissue injuries in an event on Thursday.

The steer was taken down by Joey Bell Jr. of Athens, Texas, and didn't get up. It was taken out by a stretcher, moved to a covered area for treatment and given medication to reduce swelling, but was later euthanized because of its injuries.

A chuckwagon horse died of a heart attack on Sunday and another had to be euthanized after breaking its leg on Tuesday.

METRO CALGARY

Movies pg 14

Cohen shines as Brüno

SunnySide

Follow Metro's SunnySide initiative as we help you find the good news around Calgary and Canada. This is also a Call to Action for you to send us your suggestions at calgaryletters @metronews.ca, metronews.ca or on Twitter @metrocalgary.

On metronews.ca

- **Calling all Calgarians: Share your SunnySide thoughts on what makes Calgary tick — people, places, events and architecture — on Twitter using #sunnyside**
- **See what other readers are doing about SunnySide.**

On the web

Stay informed:

- Go to metronews.ca for your weekend news updates.

Rock **on**

KEVIN KING/FREELANCE/METRO CALGARY

Terri Clark, Canadian country music superstar, rocks the Coke stage down at Stampede Park Thursday. Despite the heavy rain, fans stayed to see her perform. More Stampede coverage, pgs 9-11.

Jack be NIMBY

Not In My Back Yard view can hinder areas: Critics

AMY GREGSON
for Metro Calgary

"I'm not against the service, but I think there is a better location for it," Darla Meijer said on Tuesday night at a volatile town-hall meeting in the community of Braeside.

Meijer's response, along with hundreds of others at the gathering, opposed the operation of a methadone clinic for addiction treatment in a residential area. This community response was met with equivalent dismay from NIMBY detractors across the city.

But Naheed Nenshi of the Better Calgary campaign said that NIMBY (Not In My Back Yard) could be both a good and bad thing for a neighbourhood.

"People who are engaged in their community can actually lead to improvement," said Nenshi, noting factual information is important in leading an informed discussion.

Nenshi cited the West LRT to explain how citizen concerns about the rail in their backyard eventually led to a better design.

Nenshi said the problem with NIMBYism is that it can lead to BANANA — Build Absolutely Nothing Anywhere Near Anybody.

"If no neighbourhood is going to take those on, then social problems we end up with are much bigger than the ones we are trying to solve," he said.

Chloe Atkins, associate professor of law and society at the University of Calgary, said that enough NIMBYism can lead to people being unconstitutional and inhumane.

But she added that NIMBYism does show residents have a vested interest in preserving a high quality of life for everyone.

Local examples

- Brentwood and Anderson TOD.
- 50 Avenue SW bridge.
- Triwood 18-24 at-risk housing.
- West LRT.

First flu death with no underlying conditions

JOEL MESSNER
for Metro Calgary

ILLNESS A Calgary woman with no pre-existing conditions has died in hospital from influenza A (H1N1), also known as swine flu, Alberta Health Services said Thursday.

"It was a young Calgary woman who had became ill a few weeks ago, deteriorated and came into the hospital on June 29, was confirmed as influenza A on June 30, and then died overnight," confirmed Dr. Richard Musto, medical officer of health for the Calgary area.

According to Musto, this patient is the first in Alberta whose death is unrelated to any pre-existing conditions.

Health services is not sure where the patient contracted the disease, and according to Musto, the patient had no relevant travel history.

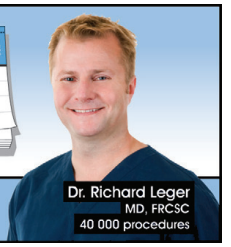
The woman's age and identity were not released.

Musto stressed that the vast majority of patients with the illness will not suffer from severe effects.

Three people have died from swine flu in Alberta.

ShareYourViews

calgaryletters@metronews.ca

LASIK MD VISION
LASER VISION CORRECTION
Starting at $490 TAX /eye*
NEW FINANCING
Take Until 2014 to Pay
2014 5 YEARS TO PAY!

Dr. Richard Leger MD, FRCSC 40 000 procedures
FREE Consultation: 403-444-4444 • CALGARY: 734, 7th Avenue SW, Suite 900 • www.lasikmd.com
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only. † 60 month financing, starting at 8.9% interest, and subject to Desjardins Card Services credit approval.

Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

Stampede headed to Margaritaville

Jimmy Buffett's Margaritaville will be the anchor tenant for the new Stampede expansion. The $170-million development will expand towards 12th Avenue and include 260,000 square feet of office, retail and restaurant space. Margaritaville is expected to open by 2012, with the entire development beginning next year. METRO CALGARY

Local

Suspect sought in armed robbery

Claresholm RCMP are searching for a lone male suspect — six feet tall, wearing coveralls, a cap, sunglasses and dark hoodie — who approached the bar maid at the Stavely Hotel asking for off-sales and demanding money. A hand gun was observed. The suspect left on foot walking west from the hotel. RCMP are asking anyone with information to come forward and assist the investigation. METRO CALGARY

Calgary in brief

WRECK 61 Avenue SE was shut down Thursday morning after a collision between a transport truck and a CN trail, fire department officials said. The transport truck and another truck sustained damage in the incident, though no injuries were reported. Some damage to the rails was reported by the fire department.

STIMULUS The governments of Canada and Alberta jointly announced funding of more than $443 million for 156 community infrastructure projects throughout the province as a part of the Infrastructure Stimulus Fund, under Canada's Economic Action Plan.

BUST Four men were taken into custody after police tactical team members stormed a Glamorgan home Thursday afternoon. Police were acting on a tip, raiding the home at 41 Ave and 43 Street SW. Vehicles were towed, and cash and cocaine were seized.

CONDUCT An Alberta Health Services document threatens health care professionals with termination if they criticize mismanagement, NDP MLA Rachel Notley said Thursday. She called the recently released AHS Code of Conduct an intimidating document that aims to deter workers from exposing failures in the health-care system. "Health care workers who are critical of government cuts are being told that if they don't shut up, they'll be fired," Notley said.

DEMONSTRATION A peaceful demonstration was held last night outside Calgary city hall, for those who chose to honour and remember Iranian students killed in government protests past and present and to support the ongoing struggle for democracy.

AUDITOR Ald. Gord Lowe, chair of the finance committee, said he welcomes another level of auditing, because the city has nothing to hide, as the provincial government yesterday announced their desire for citizen input on a new municipal auditor general position proposed in Bill 202. METRO CALGARY

metronews.ca
What's online today.

Video Calgary Stampede 2.0, at **metronews.ca/calgary**

Video Stephen Harper was late for a G8 group photo ... again, at **metronews.ca/canada**

Consensus split over Plan-It motion

Implementation blueprint cheered by industry but activist expresses concern

AMY GREGSON
for Metro Calgary

A new move to get industry involved in the implementation of Plan-It Calgary is welcomed by the industry, but concerning to others.

Ald. Joe Connelly will be bringing forth the motion that specifically states: "a committee of industry stakeholders be struck to determine by consensus, measures that can realistically be achieved together with an implementation strategy and make recommendations to council…" by December 2009.

"I think it is an excellent idea because it would result in buy-ins from both parties and both parties have to be the ones to eventually implement the plan," said Michael Flynn, executive director of Urban Development Institute of Calgary.

Flynn said their biggest criticism of the plan has been that there has been a lack of implementation plan.

"It's very important that industry be involved in working with components of the plan," said Flynn.

Flynn said that involving industry could help execute what the plan outlines.

But activist and civic camp member DJ Kelly is concerned where this Plan-It deviation might be headed.

"My question is, that why after a year of public consultation and hearings, that Alderman Connelly feels that another venue needs to be opened up for members of one specific industry," said Kelly.

"I hope this doesn't stall Plan-It ... I'm sure this is what Alderman Connelly is hoping as well. I'm hoping that we get it right."

In Connelly's motion, it suggests assumptions were made in consumer and commuting behaviours, and the measures outlined in the Plan-It document were to prescriptive and, "in some cases, impossible to achieve."

Plan-It Calgary is a project that envisions where the growth and transportation for Calgary is going in the next 60 years.

Repeated calls to Connelly went unanswered Thursday.

Clinic hopes to clear up cloud of confusion

AMY GREGSON
for Metro Calgary

AMY GREGSON/FOR METRO CALGARY

A lack of understanding of methadone clinics, their clientele and the effects of not having the service may have contributed to an emotional show of opposition against the Second Chance Recovery Clinic in Braeside at this location, ultimately forcing the clinic to shut its doors.

DRUGS Braeside residents angered at the operation of a methadone clinic in their community could be misinformed about the drug, its clientele, and potential collateral effects of not having a clinic, say experts.

Joan Toso, executive director of the Opioid Dependency Program at 4 Street SW said their clinic has had no problems since opening.

"It's a scary sounding drug. You hear 'addicts' and you get scared," said Toso. "A person properly stabilized on methadone you would never know they were on methadone."

Methadone is used to treat an addiction to opioids, which include heroin, morphine, codeine, Percocet and OxyContin.

Toso said patients are started on low dosage, building tolerance up until opioid symptoms dissipate.

Tight controls are placed on the drug's administration, said John Kennedy, clinical professor of psychiatry and adjunct professor at the Canadian Centre for Behavioral Neuroscience at the University of Lethbridge, and he equates the loss of clinical methadone treatment with that of a balloon. "If you squeeze one side to shut it off, then it manifests itself somewhere else," he said, adding that ending methadone treatment usually means an increase in satisfying the opiates addiction via other avenues.

Kennedy suggested this includes an increase in illegal drug activity and thefts of other available replacements, leading to an increase in area crime.

"The more visible and effective a methadone clinic is in a community, the quality of life in that community is proportionally improved," he said.

Calgary braces for severe brain-freeze

EVENTS A chilly reception that never tasted so good.

Forty years ago, the 7-11 opened its first store in Canada.

In June of 1969, the first Canadian 7-11 opened here, in Calgary, on 17th Ave SE. To mark the anniversary, 7-11 plans on handing out 461,000 free Slurpees across Canada on Saturday.

"7-11 just wants to thank Canadians for their continuing support over the past 40 years." said 7-11 spokesperson, Sheila Calder.

Across the country, each store will be handing out 1,000 free Slurpees. For Calgarians, this translates to 56,000 cases of brain freeze citywide.

"There's going to be a lot of people drinking Slurpees on Saturday," stated Calder. KATHLEEN ISRAEL/ FOR METRO CALGARY

Reality-TV families to be named Monday

CONTESTANTS CityTv will be unveiling the two families selected as the finalists in the My RONA Home reality television show live on Breakfast Television between 9 and 10 a.m. Monday.

Hosted by Elissa Lansdell, My RONA Home, follows two families as they compete to design, construct and decorate new homes over 10 weeks. With the help of a team of experts each family must complete one room per episode and the public votes on the best job.

The winning family gets the home. METRO CALGARY

Local businesses have city flying high with new trees

ENVIRO A southeast Calgary park just got a little greener yesterday as 570 new trees found an environmentally friendly home.

WestJet and IKON employees teamed up to plant the new foliage at Calgary's Carburn Park.

"WestJet is committed to the environment, and our WestJetters are demonstrating that today," said Richard Bartrem, WestJet vice-president of culture.

WestJet and IKON estimated the planted trees would offset all the paper WestJet's Calgary campus is expected to use in 2009.

Sixty people took part in yesterday's event — 30 from WestJet and 30 from IKON.

"This is one of those times where we actually have more people volunteering than we can actually use for the afternoon, unfortunately we have to tell some people sorry we're full," said Bartrem.

Michael Dick of IKON digs a hole to plant a new tree.

The City of Calgary and their Adopt-A-Park program provided the trees and land for the tree planting.

"We are always grateful for the support of local businesses, like WestJet and IKON, that help us to meet our goal of a sustainable and increasing urban forest in Calgary," said Anne Charlton, director for The City of Calgary Parks.

JOEL MESSNER/ FOR METRO CALGARY

ROGERS

CALGARY CENTRAL
TD Square
252-317 7 Ave. SW
(403) 571-7760
Gulf Canada Square,
222-401 9 Ave. SW
(403) 471-1291
303 Centre St. SW
(403) 263-7595
247-328 Centre St. SE
(403) 532-6188

SOUTH WEST
5809 Macleod Tr. SW
(403) 252-2227
4550 17 Ave. SW
(403) 974-3150
1406 17 Ave. SW
(403) 265-5555

SOUTH EAST
8720 Macleod Tr. SE
(403) 287-0870
109-5271 Memorial Dr. SE
(403) 272-3663
Southtrail Crossing
4307 130 Ave. SE
(403) 257-6655
285 Shawville Blvd. SE
(Beside Zellers)
(403) 254-6901
Deerfoot Meadows
(403) 253-1800

NORTH WEST
Northland Village
(403) 247-8415
20 Crowfoot Cres. NW
(403) 215-7300
8120 Beddington Blvd. NW
(403) 216-9363
Beacon Hill
1644 Sarcee Trail NW
(403) 295-8006

NORTH EAST
505-999 36 St. NE
(403) 273-3128
2015 32 Ave. NE
(403) 291-6801
Marlborough Mall
3800 Memorial Dr. NE
(403) 235-6779
(403) 248-5554
500 Country Hills Blvd. NE
(403) 313-3444
T&T Supermarket
#8 1005 9650 Harvest Hills
Blvd. NE
(403) 230-3380
London Town
555-3545 32 Ave. NE
(403) 219-2113

CANMORE
106-743 Railway Ave.
(403) 678-0031

BANFF
317 Banff Ave.
(403) 762-0655

RED DEER
Southpointe Common
(403) 348-5777
Bower Place
(403) 314-5500

LETHBRIDGE
Park Place Shopping
Centre
501-1 Ave. S
(403) 328-9907
20, Bay 2-3709 Mayor
Magrath Dr. S
(403) 327-5888
Lethbridge Town Centre
9-550 University Dr. W
(403) 329-1444

MEDICINE HAT
Medicine Hat Mall
(403) 528-1779

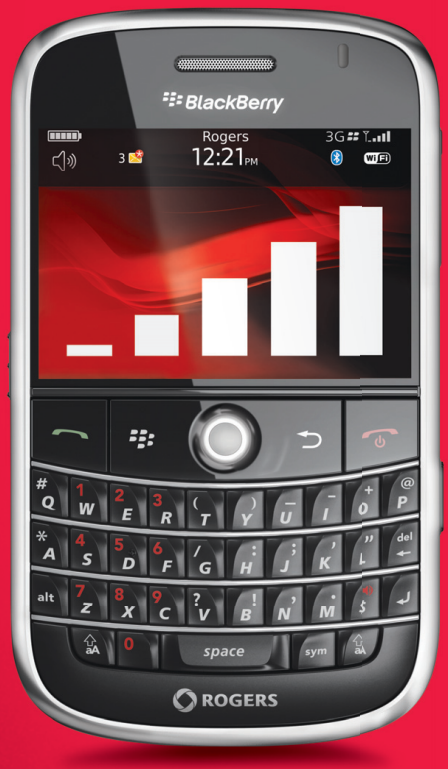
OKOTOKS
437-200 Southridge Dr.
(403) 995-9349

ROGERS plus

CALGARY
Market Mall
(403) 202-0200
North Hill Centre
(403) 202-1801
Deerfoot Outlet Mall
(403) 275-3500
Sunridge Mall
(403) 280-5151
Chinook Centre
(403) 253-0229
South Centre Mall
(403) 225-6593
1140-137 Ave. SE
(403) 278-0701
Beddington Town Centre
(403) 295-6446
21-3012H 17 Ave. SE
(403) 248-6464
150 Millrise Blvd. SW
(403) 256-2015
1012-17 Ave. SW
(403) 228-2905
1915 Centre St. N
(403) 277-7750
446-14 St. NW
(403) 270-3233
115-10233 Elbow Dr. SW
(403) 255-0202
Bay 64-1440 52 St. NE
(403) 235-2121
140-8060 Silver Springs
Blvd. NW
(403) 288-1441
500-5255 Richmond
Rd. SW
(403) 246-7333
5244 Falsbridge Gate NE
(403) 280-5533
Dalhousie Station
Shopping Centre
(403) 215-2505
100-5149 Country Hills
Blvd. NW
(403) 215-2500
Woodbine Square
Shopping Centre
(403) 281-3381
768-11520 24 St. SE
(403) 203-0626
8303 Fairmount Dr. SE
(403) 252-5533

CANADA'S MOST RELIABLE NETWORK.

FEWEST DROPPED CALLS | CLEAREST RECEPTION



Every one of your calls is important. That's why we make certain your connections are as strong as they possibly can be. In fact, we've been independently proven to have the fewest dropped calls and the clearest reception in Canada[†]. So no matter where you are, you can be sure your Rogers wireless network will connect you clearly from start to finish.

Visit **rogers.com/reliable** for details.

ROGERS™

ROGERS™ authorized dealer · ROGERS plus · THE SOURCE · «WIRELESSWAVE» · booth · WIRELESS etc... · COSTCO WHOLESALE · FUTURE SHOP · BEST BUY · WAL*MART

[†]Most reliable network claim refers to call clarity and dropped calls test results as conducted by Rogers and a recognized third-party research company in the majority of urban Canadian centres within the Rogers Wireless footprint, comparing voice services of other major wireless providers.

™Trademarks of Rogers Communications Inc. used under license. © 2009 Rogers Wireless.

Canada takes beef with South Korea to WTO

Canada is taking its long-standing dispute with South Korea over beef exports to the World Trade Organization, after failing to convince its fourth-largest beef market that its products are safe from mad cow disease. REUTERS

Canada

Ottawa mulls 'cash for clunkers'

Federal Environment Minister Jim Prentice, left, said Thursday Ottawa is looking into whether to offer consumers more incentives to retire their old, polluting cars and buy new vehicles, CBC News Online reports. "We're assessing it now. Certainly any changes we make would come into effect this fall," he said in an interview. Last month, U.S. President Barack Obama signed his country's billion-dollar "cash for clunkers" law. METRO NEWS SERVICES

Drought leads to flood in insurance claims

FARMING Farmers in drought-stricken Saskatchewan and Alberta have flooded government insurance programs with crop insurance claims.

In Alberta, the hardest hit by drought, farmers have filed 2,000 claims after turning poorly growing grain and hay crops to pasture or feed — or using chemicals to wipe them out altogether to salvage soil nutrients.

That's a four-fold increase in claims from the five-year average, but only one-third of the claims Alberta farmers made in the drought year of 2002, said Lorelei Hulston, insurance manager for Alberta's Agriculture Financial Services Corp.

"Early conditions were really dry and cold in lots of areas. In some cases, those crops just aren't turning out," she said.

The worst drought in the grain-growing region in at least 50 years, following a cold spring, has hobbled crop development and made pasture scarce. REUTERS

Rise from 2008

- Alberta farmers have separately filed 273 claims for land that they are reseeding in hopes of reaping a crop, 54 per cent more than last year.

PM lauds U.S. climate stance

Harper touts Obama's emissions targets as similar to Canada's

The world's industrialized nations will pay to help developing economies slash emissions in a bid to rescue a global deal on climate change.

Despite opposition to his efforts, led by China and India, the next generation of big polluters, the U.S. president emerged as a standard bearer for a multilateral approach on climate change and on food security.

Prime Minister Stephen Harper and Australian Prime Minister Kevin Rudd hailed the return of U.S. leadership on climate change under Obama.

Harper boasted the U.S. has finally come round to his own view, saying Obama's climate-change targets are "virtually identical to ours."

"I've been saying for a decade it is essential for Canada to have realistic participation from the United States."

CHRIS WATTIE/REUTERS

Prime Minister Stephen Harper poses for a photo with Denisse Rudich, one of the junior G8 delegates during the G8 summit in L'Aquila, Italy yesterday.

Without similar regulations in both countries, said Harper, "we will simply have a loss of business and production to the United States."

Harper's government has still not introduced its regulations for industrial polluters. And Environment Minister Jim Prentice cast a pall on Obama's optimistic view of the deals reached here, calling the target for countries to cut emissions by 80 per cent by 2050, relative to an unspecified baseline year, merely "aspirational."

He said Canada could stay with its current plans, while other countries will have to do more. TORSTAR NEWS SERVICE

Do You Dream of a Career Where You Can Help Others?

Four Careers in One Diploma:
- Education Assistant
- Child and Youth Worker
- Rehabilitation Worker
- Social Work Assistant

We can help you achieve your goal sooner...
call and ask us about the
Human Services Professional program!
Enroll part-time or full-time
6 month Certificate or 12 month Diploma

FREE courses may be available to assist in meeting minimum requirements to enter the program.

Call us at (403)648-2265
Toll-free: 1-888-235-9370
www.columbia.ab.ca
COLUMBIA COLLEGE

GREY EAGLE CASINO & BINGO

"TWO" More
AFTERNOON BINGO EVENTS
EFFECTIVE JULY 17, 2009

Starting Friday, July 17, 2009 - Grey Eagle Bingo will now offer
THREE AFTERNOON EVENTS
Every Friday, Saturday & Sunday
Come Play our Afternoon "BINGO OLYMPICS"
Friday July 17th and Saturday July 18th
Door Prizes, Giveaways, Sales 11:30 am, Nickels 12:15 pm
See In-Hall for "FULL NEW PROGRAM" DETAILS or visit www.greyeaglecasino.ca/bingo

Mon-Sun Evenings: Sales 5:00pm, Nickels 6:15pm
Mon-Sat Late Nights: Sales 9:00pm, Games Begin: 10:15pm
Fri-Sun Afternoons: Sales 11:30am, Nickels: 12:15pm

3777 Grey Eagle Drive SW
Info Line: 403-240-4090
www.greyeaglecasino.ca/bingo
Progressive Pots: www.bingoconnection.ca

Harper late for photo op again

POLITICS Canada provided the comic relief at the "family" photo of leaders of industrialized countries and their poorer cousins.

Sunny smiles and laughter belied deeper divisions over global warming as the politicans stood on a podium before a sea of cameras Thursday.

The group was, once again, waiting for Prime Minister Stephen Harper to show up for an official photo.

U.S. President Barack Obama jogged into his spot to cheers.

Harper's international colleagues giggled, as some called out, "Harper? Harper? Where's Harper?"

The Canadian leader finally arrived almost two minutes after Obama.

At London's G20 summit, Harper was absent for the first take of a "family photo." TORSTAR NEWS SERVICE

RECOMMENDED BY METRO READERS

Top 5 Travel Agents

Transat Tours
"Booking a wedding through Transat and it has been pleasurable. So far so good!!!"

Sangeeta Saini
"Great person to deal with."

Alexa, Farside Travel
"Alexa helped us book our honeymoon. She made everything so easy! Great service."

Downunder Travel
"Narelle was great in helping me book my trip to the South Pacific - knowledgeable, of the region and efficient."

Aero Travel
"Great for business travelers. GREAT service. I recommend to all my entrepreneur friends."

Visit metronews.ca/gigpark for thousands of reader recommendations

Powered by metro and gigpark

News in brief

FINANCES Canada still aims to reduce its debt-to-GDP ratio to 25 per cent, Finance Minister Jim Flaherty said Thursday, but he could not say how long it might take to reach that goal, which was abandoned during the recession. Before the global financial crisis, the Conservative government had pledged to reach the 25 per cent target by 2011-12. But the budget in January 2009 said the debt-to-GDP ratio would rise to about 32 per cent from 29 per cent.

OPINION POLLS The Liberals have lost the slight lead in popular support they had over the Conservatives and the two parties are now in a statistical "dead heat," at 32.2 and 31 per cent respectively, a new poll said Thursday. Recent Ekos polls have largely shown the Liberals as being slightly ahead, but not by enough to guarantee any kind of election victory. Under Canada's system, a party needs around 36 per cent or 37 per cent of the vote to stand a chance of forming a minority government. REUTERS

Emerging El Nino set to drive up carbon emissions
Across the globe an emerging El Nino weather pattern threatens to cause droughts and floods and trigger a spike in planet-warming greenhouse gas emissions from burning forests. Trying to predict how El Nino will be affected by global warming is a major challenge, scientists say. REUTERS

World

North Korea suspected in cyber attacks

A fresh wave of cyber attacks that slowed U.S. and South Korean websites this week hit more targets Thursday, a web security firm said, while the South's spy agency has said the hacking may be linked to North Korea. The impact of the attacks, aimed so far at dozens of sites including the White House and the South's presidential office, was seen as negligible, experts said, but served as a reminder that Pyongyang has been planning for cyber warfare. REUTERS

News in brief

CHINA Chinese President Hu Jintao, forced to abandon the G8 summit in Italy by ethnic violence in Xinjiang province, said that maintaining social stability in the energy-rich region was the "most urgent task," state television reported on Thursday. Hu described Sunday's deadly riots in Urumqi as a "serious violent crime elaborately planned and organized by 'three forces' at home and abroad," a reference to religious extremists, separatists and terrorists.

IRAQ Bombs in Baghdad and northern Iraq killed at least 50 people on Thursday, police said, underscoring doubts about local forces' ability to keep Iraqis safe after U.S. troops pulled out of cities. The attacks in the north, where tensions between Arabs and Kurds threaten to flare into Iraq's next conflict, and in the capital appeared to be part of an attempt by insurgents to reignite sectarian fighting. REUTERS

Obama sees G8 progress

However UN says climate change strides not enough

U.S. President Barack Obama said on Thursday the world had made "important strides" towards arresting climate change by agreeing to limit warming, but UN chief Ban Ki-moon said it was simply not enough.

"This is politically and morally (an) imperative and historic responsibility ... for the future of humanity, even for the future of the planet Earth," said Ban.

Major economies meeting in Italy agreed to restrict global warming to two degrees Celsius — a development that was unthinkable 12 months ago, before Obama was elected president of the world's second biggest greenhouse gas emitter.

Obama

But the Group of Eight rich nations failed to persuade top emitter China and India to join in a push to reduce global greenhouse gas emissions by 50 per cent by 2050 — a blow to efforts to secure a new UN pact by year end.

And Canada and Russia appeared to turn their back on the G8's stated aim of cutting its emissions by 80 per cent by 2050 within 24 hours of it being announced.

"It really fits together well with the pathway that Canada is on, that the government adopted, to reduce our emissions by minus 20 per cent by 2020, and then by 2050 to reduce them by as much as 60 to 70 per cent," Environment Minister Jim Prentice told CBC.

On the first day of the summit the G8 acknowledged there are still risks to financial stability from the economic crisis, but tough new rules for global business and finance will be left to the broader G20 meeting in Pittsburgh in September.

Ahead of development talks on Friday that include leaders of nine African nations, including Libya's Muammar Gaddafi, plus international food and farming aid agencies, the G8 was likely to pledge $15 billion to a U.S.-led plan on food security. REUTERS

OMAR SOBHANI/REUTERS
The site of an explosion in Logar province south of Kabul.

15 students among blast victims

AFGHANISTAN An explosion outside a school south of the Afghan capital on Thursday killed at least 25 people, including 15 students, officials said. The blast in Logar province was the latest incident in an escalation of violence across Afghanistan since U.S. Marines launched a major new offensive a week ago. Officials said the Logar blast was caused by explosives hidden beneath a pile of firewood in the back of a truck which had crashed overnight, leading to speculation the explosives could have been meant for an attack elsewhere.

The blast went off as police checked the abandoned truck in the morning, authorities said. REUTERS

Turn 5 debit purchases a week into $910 in annual savings.*

Turn debit purchases into savings with our free *Bank The Rest*® savings program. It's so easy you won't even know you're doing it. Visit your local branch to find out how.

banktherest.com

You're richer than you think.®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia.
* Based on debit purchases using your *ScotiaCard* of $6.50, 5 times a week, rounded up to the next multiple of $5.

LOCAL
Publisher, Steve Shrout
Managing Editor, Darren Krause
Distribution Manager, Dave Mak

NATIONAL
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Comment

Pension reform upon us

Growing pressure on government for new offerings

InBusiness

Charles Davies

PensionSeries

(Editor's note: This is the final part of a three-part series by Charles Davies on pension plans.)

As Canada's population rapidly ages, financing retirement has become a huge concern. Existing public pensions won't provide enough money (the Canada Pension Plan covers only about 25 per cent of our needs while the Quebec Pension Plan has serious funding troubles), entitlements and personal savings are inadequate, and company pension plans are either underfunded or cover too few people.

All this adds up to growing pressure on government to come up with new public pension offerings to help fill the gap. There are two proposals that could gain traction.

The first is the Canada Supplementary Pension Plan, an idea first promoted last year by pension guru Keith Ambachtsheer from the C.D. Howe Institute. The CSPP would work like the CPP, with voluntary payroll deductions (to an annual maximum of $20,000) put into individual retirement savings accounts. The funds would be managed by a body that is arm's length from government, not unlike the Canada Pension Plan Investment Board. The goal would be to combine eventual income from the CSPP with other forms (CPP, OAS, GIS, savings, company plans) to replace at least 60 per cent of pre-retirement income.

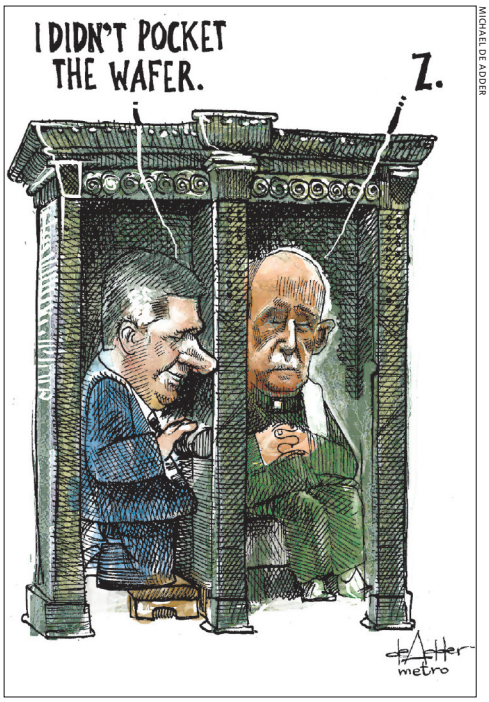
A second proposal is the Universal Pension Plan espoused by the Canadian Association of Retired Persons (CARP), the lobby group for middle-aged and senior Canadians. The UPP would essentially be an extension of the existing CPP and would also be similar to the CSPP. Unlike the CSPP, however, contributions would be mandatory, and the goal would be to replace 70 per cent of pre-retirement income.

Other variants of public plans are being talked about in Alberta and British Columbia. So far, Ottawa is ignoring the issue, perhaps because it has more immediate problems. The pension crunch isn't going away, though. If you believe CARP, it won't just be the poorer classes that will strain to make ends meet for the rest of their lives.

It's already happening. Go into any big box retailer and check out the staff. Chances are many are people who have "retired" from their principal jobs, but who seriously need this income.

For younger baby boomers, those who have a decade or so before normal retirement, the prospect of working indefinitely won't sit well. Count on them putting the heat on politicians to extend the CPP or come up with an additional plan. Of necessity, a new era of pension reform is upon us.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



MICHAEL DE ADDER

Worth mentioning

Brit's breakup leads to The Sale Of A Lifetime

A British artist has decided to sell everything except the clothes on his back after a breakup with his girlfriend.

Jasper Joffe plans to sell all his worldly possessions at the upcoming exhibition: The Sale Of A Lifetime at the Idea Generation Gallery in London from July 29 to Aug. 2.

33 Jasper Joffe said he plans to sell everything from toiletries to clothes in 33 lots priced at 3,333 pounds ($5,355 US) each, hanging onto only the clothes on his back, his passport and his wallet.

"(I'm) wiping the palate clean ... by cleaning out my physical clutter," Joffe told Reuters.

The sale is just the latest in a trend of love-lorn public gestures. Last month, a British millionaire offered his house, sports car and boat to the winner of a "Beat the Credit Crunch Blues" lottery after getting divorced.

Joffe, who sold his satirical portrait of Heinrich Himmler to Charles Saatchi, is aiming for the exhibition to also be a means of getting his ex-girlfriend's attention in hopes of a possible reconciliation.

"It's like saying, 'I'm going to give up everything for you' — it's the ultimate romantic gesture," he said.

REUTERS

Views

Tasty pairings while waiting for pancakes

UrbanCompass

Janice Paskey

metronews.ca/paskey

Time for some pop psychology. Are you one of those people who wait in a pancake lineup? Then you're patient, perfect for painstaking career work, but maybe too subservient.

Or do you disdain the hour-long line, bud into the coffee table, buy breakfast later? Then you're "can-do," but maybe for one week a year you could chill.

But what if you could meet interesting pairs of people in a pancake line? People like …

Stephenie Myers, the author of Twilight, and her Calgary fans. Because just about every teen and 20-something in the city has read this novel. It may be Twilight before you get pancakes, but devise the plot for the next sequel.

Michael Ignatieff and Rob Anders. Calgary MP Anders just delivered a scare petition to my mailbox — "Which taxes will Michael Ignatieff raise?" GST, carbon, income, all of the above. Iggy in line uses his styrofoam plate as shield and plastic fork as a sword. And, yes, he's just visiting. Rob, that's OK it's Stampede week.

Jim Carrey and Sarah Palin. Master impersonator meets the most imitated woman in the world. His rendition of her verbal twang enlivens the Stampede. Carrey, how about a quick rendition of our pancake flippers and airport greeters? Pretty please.

Dany Heatley and Brent Sutter. Misguided native Calgary NHLer floundering in Ottawa meets taciturn new Flames coach and engages in a little pancake talk. Brings Heatley home for a fair price.

Martha Hart and Jerry Seinfeld. His performance for the Owen Hart Foundation sold out this year, so we deserve to meet the funniest man in the world with lovely benefactor Hart. Will pancakes with refined flour pass his lips? Wife Jessica (Deceptively Delicious author) shuffles nearby and plans to sneak beets and peas into our flapjacks.

City pesticide king Simon Wilkins lines up with Healthy Calgary's Robin McLeod. He has $450,000 a year to spend on pesticides for Calgary grounds. She has a thing or two say about that.

Our mayor, Dave Bronconnier, and a Mount Royal College student. Mayor Dave can explain why the new West LRT is going by his house, but not to campus, leaving thousands of students battling traffic in cars and buses. Final note: MRC is the only post-secondary school not on a public transit train line.

ZZ Top and Aerosmith. Tickets range from $180 to $437 for their Aug. 13 date at McMahon Stadium. For those of us a little bit short of cash, could they hum a few songs, strum a few chords, show some rocker style, while waiting for pancakes and sausages?

Janice Paskey teaches journalism at Mount Royal College, serves on her community association board and is a proud mom to two boys; calgaryletters@metronews.ca.

Metro Online Poll Results

51% SAID YES	Should American war resisters be allowed to stay in Canada?	49% SAID NO

Weigh in on today's question at metronews.ca

Tell us your views by email to calgaryletters@metronews.ca or comment on metronews.ca or on Twitter @metrocalgary
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Activists urge California to start taxing pot
The Californian legislature is being urged by marijuana activists to consider taxing the drug to help raise revenues in order to close a $26.3-billion budget gap. REUTERS

7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

GM ready to return

A shiny new General Motors Corp. will rise Friday from the twisted heap of metal — and crippling debts — of the old.

It will have fewer workers and brands, but it will have billions of dollars in government bailouts.

After clearing last minute court hurdles Thursday, GM was expected to announce Friday that it is poised to exit from Chapter 11 bankruptcy protection in the United States. There is widespread speculation it will unveil a new look, changing its square logo from blue to green to show consumers that it really is leaner and greener. It is also slashing jobs in a drastic bid to cut its costs.

But experts say GM must produce vehicles that people want to buy and change its image dramatically. "What they have to change is the essence of the company. For a car company, that means the cars," said Joseph D'Cruz, professor of strategic management at the University of Toronto.

Canadian operations will be unaffected by Friday's announcement. GM Canada went through its own restructuring, though it did not file for court protection here. TORSTAR NEWS SERVICE

Challenges

1. **Bad image:** Consumers may still think of GM as teetering and take a pass on their vehicles.
2. **Reduced sales force:** With fewer showrooms, will buyers stroll over to a rival?
3. **No real change at top:** New CEO Fritz Henderson used to be GM's chief financial officer.
4. **Product lineup:** Just four brands, and observers say the automaker still lacks a good quality small car.
5. **The board:** Veteran GM directors outnumbered by new ones, including from the United Auto Workers union and from Canada. How will they steer the company?

Google-Microsoft war may cut PC prices

TECHNOLOGY Google Inc.'s bid to compete with Microsoft Corp.'s Windows operating system may help lower the cost of personal computers even as prices are already being pinched by inexpensive netbooks.

Google said it will offer its just-announced Chrome operating system for free when it is launched in the second half of 2010, a move that could force Microsoft into a price war.

Although Windows is installed on 90 per cent of the world's PCs, Microsoft won't take Google's challenge lightly, analysts said. Its new Windows 7 system will be available in October.

"Microsoft's strategy is likely to be to compete on price," said Brent Williams, an analyst with the Benchmark Co. "Now there's a competitor with the muscle and the brand recognition. Google is that company."

Google said Chrome OS, based on the open-source Linux code, is being designed for all PCs but will debut on netbooks. REUTERS

Windows price

- Microsoft doesn't say how much it charges PC brands for Windows, but analysts estimate it gets $20 to $40 for the older XP system used in most netbooks, and at least $150 for the current Vista system.

Business in brief

MADOFF Arch swindler Bernard Madoff will not appeal the 150-year prison sentence he received for masterminding a global multibillion-dollar investment fraud, his main lawyer said Thursday. Madoff, 71, was given an effective life term for Wall Street's biggest swindle after pleading guilty to criminal charges, including securities fraud, money laundering and perjury.

AUTO The Obama administration's new $1-billion US Cash for Clunkers program, which pays consumers up to $4,500 in credit to swap gas-guzzlers for new, more fuel efficient models, has been lauded by car dealerships since it was signed into law in June. Backers hope the program will sell 250,000 new vehicles this year.

GERMANY The German economy may have exited a recession in the second quarter of this year, a senior government official said on Thursday. REUTERS

Apartment Finder
To advertise contact Warren Smith at 403-539-4948

realstar management
RENT NOW AND CHOOSE YOUR $300 INCENTIVE!

CALGARY PLACE APTS.
609 8TH STREET
1 & 2 bdrm suites, Gym, games room, 1 block to LRT, Utilities included, Close to all amenities & On site management
1-877-570-7025
www.calgaryplace.com

ROYAL VIEW APTS.
1320 16TH AVE. SW
Live in the Trendy Beltline, 1 & 2 bdrm suites, Gym, sundeck, 1 block to 17th Ave., Utilities included & On site management
1-877-572-1835
www.royalviewapts.com

GLENMORE HEIGHTS
620 67TH AVE. SW
1 & 2 bdrm suites, Gym, social room w/ full kitchen & library area, 1 blk to Chinook Center, Utilities included & On site management
1-877-617-9803
glenmoreheights.com

GLENMORE GARDENS
2105 90TH AVE SW
1 & 2 bdrm suites & T/H social room w/ full kitchen & sitting area, Indoor pool & sauna, Close to all amenities & On site management
1-877-584-2285
glenmoregardens.com

Effective and cost effective.
To advertise in Metro's Apartment Finder, call Warren today! 403-539-4948
metro Do it daily.

Start Saving Money Today!

CUBA 85 ¢/min
INDIA 5.9 ¢/min
PHILIPPINES 11.9 ¢/min

Latin America
Colombia from..... 3.9 ¢
Ecuador.....12.9 ¢
Guatemala.... 10.9 ¢
Guyana.....27.9 ¢
Honduras.....15.9 ¢
Trinidad..... 7.9 ¢

South Asia
Afghanistan..24.9 ¢
Bangladesh from 3.9 ¢
Bhutan.....15.9 ¢
Nepal from.....7.9 ¢
Pakistan.....5.9 ¢
Sri Lanka.....11.9 ¢

Middle East
Egypt..... 14.9 ¢
Iran from..... 3.9 ¢
Syria..... ..... 18.9 ¢
Lebanon ..... 9.9 ¢
Saudi Arabia from 3.9 ¢
U.A.E.....16.9 ¢

Comwave Guarantees you the Lowest Rates to Call Anywhere in the World, For Life. So Even if you're Paying Less than our Advertised Rates, Call Today and we'll Beat it... GUARANTEED!

No Matter Where You Call, No Matter What Rate You Pay, Comwave Will Beat it... Guaranteed!

The Comwave Bundles

INTRODUCING The North America 500
$5 /month = 500 Minutes per Month
U.S.A Canada
only 1¢ /min

Call over 20 Countries only 1¢ /min
The Comwave Global Bundle
$10 /month = 1000 Minutes per Month = 1¢ /min
Argentina Belgium Brazil Canada China Denmark France
Germany Hong Kong Ireland Israel Italy Mexico Poland
Portugal Russia Singapore Spain Sweden UK USA

Make Long Distance calls to Anywhere in the World from your Cell Phone at Comwave's GUARANTEED Lowest Rates
✓ No need to cancel your service provider.
✓ $10 Free Long Distance for every friend you refer
✓ No Contracts

comwave 403-451-5801

Long Distance: Comwave guarantees to match or beat your rate today and forever. Rate Guarantee is based on competitors' lowest advertised rate or written quote for like services. Terms and conditions apply. Please see www.comwave.ca for full details. Calls to overseas mobile phones may be billed at a higher rate. The Comwave Global Bundle does not include calls to overseas mobile phones. Calls to Argentina on this bundle are to Buenos Aires. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paolo. Calls to Mexico on this bundle are to Mexico City and Monterrey. Calls to Russia on this bundle are to Moscow and St. Petersburg. North America 500 does not include calls to the Yukon, Nunavut, Hawaii ,Alaska or N.W.T. Terms and Conditions apply see www.comwave.net for details. While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time.

LPGA boss open to a buyout: Report

LPGA commissioner Carolyn Bivens reportedly is agreeable to a buyout of the final two years of her contract amid calls for her resignation by key players. Sports Business Daily cited sources on its website Thursday that the LPGA Tour board has authorized a golf industry executive to contact potential candidates to replace Bivens. METRO NEWS SERVICES

Service Directory
To advertise contact Blaine Schlechter at 403-444-0136

PSYCHIC

Mystic Eye Spiritual Readings
47 YEARS EXPERIENCE
100% Guaranteed Results
• Palm • Tarot • Crystal Ball • Energy Readings •
PH: (403) 228-2258
By Appointment Only
Come in today for a better tomorrow
Solve all Problems of Life

THE GREAT OF THE GREAT MEDIUM & SPIRITUAL HEALERS HERITED TO GENERATION RENOWNED INTERNATIONAL
Are you searching for solutions to your problems? It's never too late to find answer. Madia has 26 years experience as a spiritual healer reuniting loved ones, maintaining harmony in coupled, preventing separation, improving business success, protecting against negativity and evil spells. 100 % results Guaranteed in 48 hours.
100% RESULTS GUARANTEED IN 48 HOURS
CALL MADIA AT 403-475-2589 OR 403-305-2129

STAPHA—AFRICAN PSYCHIC
Reuniting Loved Ones • Stopping Divorce
Removing Bad Spirits • Success in Business
Healing Protection
RESULTS GUARANTEED
403-802-0367

FINANCIAL

Brokers National 500 loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660

TAKE A VIDEO BREAK
Visit metronews.ca to watch metrotube of the day
The video everyone's talking about.

LEGAL

Canadian Legal Resources Centre Inc.
403-229-2774 • www.canadianlegal.org
UNCONTESTED DIVORCE
Legal Separation Agreements
Spousal Land Transfers
CRIMINAL RECORD?
Canadian Pardons • US Travel Waivers
Fingerprinting
21+ years experience.
Voted #1 Paralegal. Why pay more?
Open Monday to Saturday.

OPTICAL

GOLDEN OPTICAL
PROFESSIONAL SERVICES • 1 HOUR SERVICE AVAILABLE
Designer Frames
UP TO 50% OFF
GOLDEN OPTICAL
Dragon City Mall
#115, 328 Centre St. S.
Calgary 403-262-8123
GOLDEN OPHTHALMIC
Harvest Hills Crossing
1117, 9650 Harvest Hills Blvd. NE
Calgary 403-263-6123
Offer Expires July 31, 2009

DRAMA. SUSPENSE. COMEDY.
Visit metronews.ca to watch metrotube of the day

Sports

Speaking Sports

To find out about Calgary Stampeders who have taken to Twitter and the blogosphere, check out Laurence Heinen's Speaking Sports blog this weekend at metronews.ca/blogs.
METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Rambo ready to play

DAN TOTH
for Metro Calgary

"We've all got to ... look forward to Winnipeg now. We've got to think that this is a fresh start."
Ken-Yon Rambo

Ken-Yon Rambo just wants to lend a hand — two, in fact.

The Canadian Football League's leading receiver in 2008 missed the Calgary Stampeders' season-opening loss to the Montreal Alouettes with a nagging hamstring injury, but expects to be back catching passes Friday night in Winnipeg.

"It makes it that much harder when you can't play and the team loses (40-27 to Montreal)," Rambo said this week.

"I wasn't there to contribute. I wasn't there to help out. You think to yourself 'maybe if I had been in there things would have been different'... but we've all got to put that one behind us and look forward to Winnipeg now. We've got to think that this is a fresh start. We've got 17 more games to go and now I'm ready to get it going."

Rambo might just be the guy to do it. Last season he established himself as Stamps' quarterback Henry Burris' go-to receiver as he led the CFL with 100 catches for 1,473 yards. Rambo caught another five passes in the Grey Cup game.

The Stampeders offence needed a spark in Week 1 as it failed to capitalize on a handful of scoring opportunities off turnovers created by the special teams unit. Most of the blame for lack of execution fell on Burris' shoulders, but the return of a healthy Rambo could be just what the doctor ordered for the ailing offence.

The Stamps also hope to see offensive linemen Jeff Pilon and Jesse Newman return to the lineup after also missing the season-opener with injuries. The added pass protection is another welcome addition for Burris, who was hurried by an aggressive pass rush in Week 1.

Rich Dad's Solution to the Economic Crisis on Wall Street

PROTECT Yourself & Even PROFIT In Today's Volatile Market

Now is NOT the time to rely on banks and brokers who get paid even when your portfolio tanks.

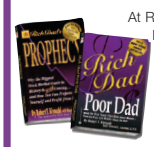
You need solid information that can help YOU TAKE CHARGE and PROTECT your own financial future.

RICH DAD HAS A PLAN – LISTEN TO HIM WHILE THERE'S STILL TIME

Robert Kiyosaki, author of the runaway bestseller ***Rich Dad Poor Dad***, saw this crash coming **six years ago**! He wrote about it in his book, ***Rich Dad's Prophecy***. That book not only said the biggest stock market crash in history was coming – it also outlined a **plan to prepare yourself and potentially profit from it**.

IT'S STILL NOT TOO LATE!
Our FREE Stock Success Workshop will show you how to:
- *Protect Your Portfolio Even when Stock Prices Are Melting Down*
- *Create Cash Flow when Stock Prices Are Bouncing Up and Down*
- *Risk Management Strategies that Keep You Protected at All Times*
- *Profit from Stock without Owning It*

ATTEND A FREE WORKSHOP



At Rich Dad's FREE Stock Success® Workshop, Robert's team of experienced trainers will show what you must do RIGHT NOW to safeguard your future and the future of your family.

Come discover a step-by-step plan to take charge of your finances and GET BACK ON THE ROAD TO SUCCESS!

RICH DAD'S FLASH DRIVE
USB Drive, pre-loaded with a wealth of information including:
- An excerpt from Robert's book *Rich Dad's Prophecy*
- Exclusive online tools, articles and products
- Information about special events featuring LIVE session with Robert Kiyosaki
- BONUS! Access to *Conspiracy of the Rich: The 8 New Rules of Money* – Robert's newest interactive online book

Get this FREE GIFT

Yours FREE just for attending the workshop!

COMING TO THE CALGARY AREA ON JULY 14, 15 OR 16

DON'T WAIT CALL NOW TO REGISTER OR REGISTER ONLINE AT
1-800-306-9962
www.richdadstock.com

FREE LIVE EVENT

Results from programs are based on individual effort and other factors. The company's products are for educational purposes only. The company is not a registered investment advisor or a broker-dealer. Stocks and Options trading have large potential rewards but also involve large potential risks. Additional products and services will be offered for sale. The Rich Dad® word mark and logos are owned by CASHFLOW Technologies, Inc. and any use of such marks by Rich Dad Education, LLC is under license. © 2009 Rich Dad Education, Ltd. All rights reserved. 09RDES0076a V1 2-09

Robert Kiyosaki will not attend this workshop.

Toronto teen sets world record in 50m breaststroke

SWIMMING Teenager Amanda Reason broke the world record in the women's 50-metre breaststroke on Wednesday at the Canadian trials for the world swimming championships.

The 15-year-old Reason clocked 30.23 seconds to eclipse the previous mark of 30.31 seconds set by Australia's Jade Edmistone in 2006.

"This is just amazing," Reason told reporters. "I'm speechless, incredible.

"My coach said I had to go out fast and get my head into the motion.

"I did that well in the beginning and kept pushing it through to the end and I did it."

The world record is the first by a Canadian in a long course pool since Allison Higson broke the 200 breaststroke mark in 1988.

Reason, from Toronto, won the bronze in the 50 breaststroke at the world junior championships and in January took silver at the junior Pan Pacific championships.

The 50-metre breaststroke is a world championship event, but is not raced at the Olympics. REUTERS

Sports in brief

NHL The National Hockey League said it has been approached by another potential bidder for the Phoenix Coyotes who wants to keep the bankrupt team in Arizona. The league revealed a possible third bid for the team, but did not disclose any details.

BASEBALL Carlos Pena's two-run double in the fifth proved to be the difference as the Tampa Bay Rays completed a three-game sweep of the Toronto Blue Jays with a 3-2 win. Evan Longoria drove in the other run while David Price was charged with just one run on six hits with a walk and seven strikeouts over six innings of work for the Rays.

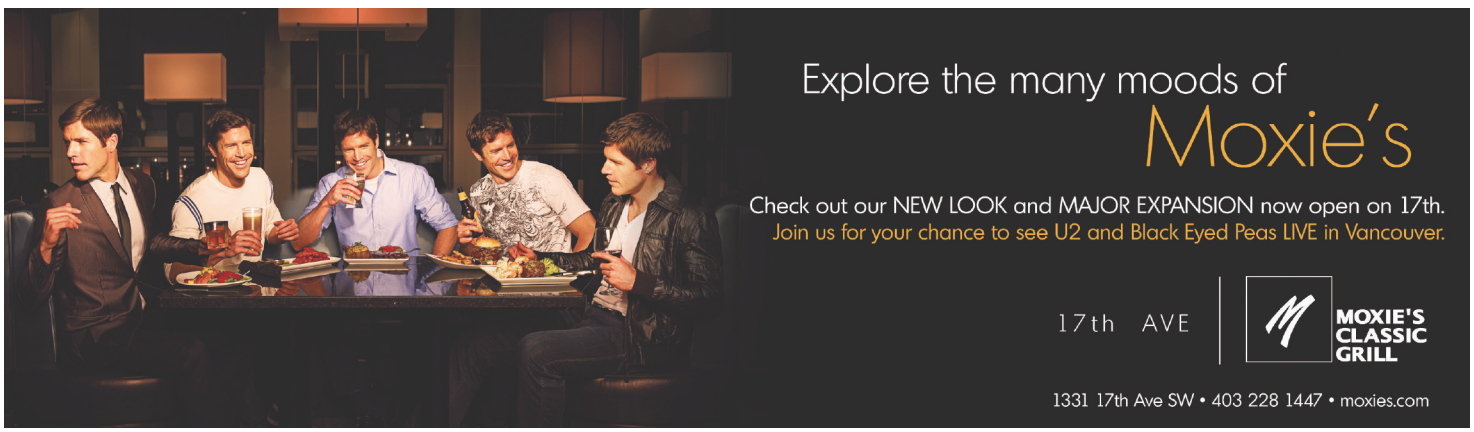
SWIMMING Michael Phelps broke the 100-metre butterfly world record by clocking 50.22 seconds at the U.S. National championships on Thursday. Gold medallist at the Beijing Olympics, Phelps trimmed .18 seconds off the old mark of 50.40 ending American compatriot Ian Crocker's six-year hold on the record. METRO NEWS SERVICES

By the numbers
There are 200,000 pancakes served at community breakfasts during the Calgary Stampede. **CS.CALGARYSTAMPEDE.COM**

Calgary Stampede

Paige Copland, 16 and Ashley Abbot, 16, both love to take a spin in the Twin Flip at the Calgary Stampede.

ROBIN KUNISKI/FOR METRO CALGARY



Stop and smell the roses
There are more than 30,000 flowers planted on Stampede Park. CS.CALGARYSTAMPEDE.COM

Calgary Stampede

Sling shot a thrilling ride

ROBIN KUNIS/KU/FOR METRO CALGARY

Our reporter Krista Sylvester takes a ride in the sling shot with the Calgary Stampede Mascot Harry the Horse.

KRISTA SYLVESTER
krista.sylvester@metronews.ca

When I woke up on Thursday morning, I didn't think I would ride the reverse sling shot. Twice. With a horse.

But that's what happened when I strolled into the Stampede after a hearty pancake breakfast. Within two minutes of my arrival, I somehow ended up strapped into the contraption.

I ventured on to the sling shot — which is known for its thrill of launching up to two people 235 feet into the air at 160 kilometres per hour in 1.8 seconds.

All I can say is the ride lived up to its name. It felt like eternity, but within the promised time, I was high enough to touch the sky — but too scared to try.

The funny part comes when Harry the Horse jumped in beside me, grabbed my hand and braced for the ride. It was his fifth time.

Before I knew it, I was screaming my head off and twirling into the air holding on for dear life.

I am not sure what I was screaming, but I'm sure at one point I said, "What am I doing?"

After a few more spins in the air, we were done almost as quickly as we had started. Just when I thought I could escape, my photographer asked me to do it again. He needed a better photo.

"Oh come on, it's not so bad, the horse has already done it five times," the ride attendant prodded me.

OK, fine. How bad can it be? So again I went — and it was actually worse than the first time.

ROBIN KUNIS/KU/FOR METRO CALGARY

Our reporter Krista Sylvester prepares for a ride in the sling shot with the Calgary Stampede Mascot Harry the Horse.

The worst part was watching the video after. I didn't know I could make those faces and I don't remember screaming that loudly. Definitely a ride I would do again, but maybe not twice in a row.

KRISTA SYLVESTER/METRO CALGARY

Brenda serves up a healthy portion of pancakes at the Stampede breakfast yesterday.

Free breakfast draws hundreds

KRISTA SYLVESTER
krista.sylvester@metronews.ca

With hundreds of faithful lined up around the corner, many asked said they were waiting for the best Stampede breakfast in the city.

Expected to serve more than 3,500 people, the Western Canada Place breakfast downtown on 9 Avenue and 6 Street was a big hit amongst the crowds.

"I work in the building and I bring my kids every year because they really love it," Sandra L. said.

When asked what his favourite part of the breakfast was, her five-year-old said, "Eating."

Those at the end of the long line didn't seem to mind the wait.

"This breakfast is worth it ... lots of good food and good people and that's what the 10 days of Stampede is about," Craig Kurst said, adding he had been in line for 20 minutes.

Pancakes, scrambled eggs, ham, sausage and hashbrowns were just part of the hearty breakfast devoured, he added.

Paul Hilton said he didn't know there was even a breakfast but got in line when he found out.

"Who wouldn't want a free breakfast?" he said. "And I heard it's really good."

Stampede music lineup for this weekend

Coca-Cola Stage

FRIDAY
- 11:30 a.m.: Playdate with Max & Ruby
- 1 p.m.: Playdate with Max & Ruby
- 2 p.m.: Hypnotist Terry Stokes
- 3:30 p.m.: Playdate with Max & Ruby
- 5 p.m.: Hypnotist Terry Stokes
- 8:30 p.m.: Elise Estrada
- 9:30 p.m.: Kreesha Turner

SATURDAY
- 12 p.m.: The Lost Fingers
- 2 p.m.: Hypnotist Terry Stokes
- 3:30 p.m.: The Lost Fingers
- 5 p.m.: Hypnotist Terry Stokes
- 8 p.m.: Daniel Wesley
- 9 p.m.: Bif Naked, pictured at right

SUNDAY
- 12 p.m.: The Lost Fingers
- 2 p.m.: Hypnotist Terry Stokes
- 3:30 p.m.: The Lost Fingers
- 5 p.m.: Hypnotist Terry Stokes
- 9 p.m.: Johnny Reid

Nashville North Stage

FRIDAY
- Between 1 p.m. and 8 p.m.: Krysta Scoggins & Shane Chisholm
- 9 p.m.: Joe Diffie
- 11 p.m. & 12:15 a.m.: Hey Romeo

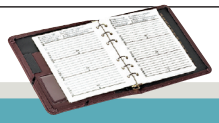
SATURDAY
- Between 1 p.m. and 8 p.m.: Krysta Scoggins & Shane Chisholm
- 9 p.m.: Gord Bamford

Musician David Pichette of Emerson Drive.

SUNDAY
- Between 1 p.m. and 8 p.m.: Krysta Scoggins & Shane Chisholm
- 9 p.m.: Emerson Drive
- 11 p.m & 12:15 a.m.: Hey Romeo

DAI-RIKI SIMMS BAUER SAGE SIMMS COLUMBIA SCOTT SCIENTIFIC ANGLERS PATAGONIA G-LOOMIS ROSS REELS DAI-RIKI
SIMMS SAGE BAUER COLUMBIA
SCIENTIFIC ANGLERS PATAGONIA
BOW RIVER TROUTFITTERS INC.
FLY SHOP - GUIDE SERVICE
30-50% OFF*
*on select products to July 31st
Happy Stampeding Calgary!
When the dust settles what will you be doing?
Visit us at our NEW LOCATION for savings to keep you fishing all summer!
620 8 AVE SW, CALGARY, AB 403.282.8868
10% OFF
REDEEM THIS COUPON FOR AN ADDITIONAL 10% OFF OUR ENTIRE STOCK
VALID UNTIL JULY 31ST 2009.
ONE COUPON PER CUSTOMER PER VISIT.
070909
SCIENTIFIC ANGLERS PATAGONIA G-LOOMIS ROSS REELS DAI-RIKI COLUMBIA BAUER SAGE SIMMS SCOTT SCIENTIFIC ANGLERS

Save the date!
Next year's Calgary Stampede will take place from July 9-18, 2010. CS.CALGARYSTAMPEDE.COM



'Worth it to be out here'

KRISTA SYLVESTER
krista.sylvester@metronews.ca

They're working hard for your money, or at least working hard to put a smile on your face.

Whatever their reasons for being there, most Stampede visitors won't get into the gates without crossing the paths of at least one busker or two along the way.

While buskers along the Stampede grounds make some change for entertaining the passing crowds, most say that's not the only reason they are out there.

"I love playing country music and that's why I choose to play outside the Stampede grounds; it's just right up my alley," guitar busker Billy Bob said, adding he doesn't make too much money doing it.

"I do it for the smiles and because I love it."

Sarah Anderson said she choose the Stampede Park to play her violin fiddler style music because it's a busy area.

"But sometimes it's hard to get a spot to play. Sometimes there are even people lining up to find a spot to play, but today I was lucky," she said as passers-by dropped loonies, toonies and quarters.

Anderson said she has been playing since she was five, and while she said she usually makes decent money, that's not the only reason she plays.

"I think I just enjoy it and enjoy when people are passing by and listening," she said.

ROBIN KUNISKI/FOR METRO CALGARY

Sarah Anderson shows off her violin skills outside of Stampede Park on Thursday.

Then there is Sax Livingstone, who is a character within himself playing, of course, the saxophone.

"With tongue in cheek, I will say it's gotta be worth it to be out here," he said, although he wouldn't disclose how much he makes.

"You've gotta be discreet around here."

While Livingstone played some melodies for the crowds, he mostly has people laughing and smiling with his "out-there" character, according to one passerby.

"That guy is just funny, some of the things that comes out of his mouth, but polite as a man can be," John Adamson said.

Market's wares range from jewelry to food to toys

ROBIN KUNISKI/FOR METRO CALGARY

Mark Olson shows off the kids' toy, the Ideal Blox.

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Massages, food, toys, jewelry, and basically things you don't need — but want — are all available in one place: The Stampede market.

Always popular and busy, the market has lots of interesting and strange things — which is why Samantha Steele and Marcheline Lundy say they look forward to the shopping in the market every year.

"I come every year and always pick up a set of Egyptian cotton sheets and some house stuff, but I always manage to find some new cool things too," Lundy said.

The market also gives local and unique vendors an outlet to showcase their products, said Catalyst Reaction owner Kat Bachmeir.

"We're really trying to get people out of the malls and supporting local handmade products in Canada," she said.

Or perhaps, if you're interested in the latest in toys, then the Ideal Blox are right for you.

"We sell a lot and the best part is there are no instructions," said Mark Olson. "It was invented by a mathematician. Kids are engrossed with making and creating different inventions."

Metro asks: How many times have you been to the Stampede so far this year?

Anthony Carey

A: This is actually my first time this year but I will probably be back again on Friday too. I came for the motorbikes.

Devyn Hebron

A: I've only missed a couple of days so far this year. I just like watching the concerts on the Coca-Cola Stage.

Megan Carney

A: I have been here lots, because there is so much to like about it. I think the value for the admission is really good for what you get.

Mitchell Orr

A: I have come as much as I can, every day, for the concerts but not for the rides.

Rodeo event winners

Bareback

1. Clint Cannon, Waller, Texas, on Enemy Rocket, 85.5
2. Kaycee Feild, Elk Ridge, Utah, on Jay Bar Nine, 84.0.
3. Justin McDaniel, Porum, Okla., on My Mistake, 81.5

Bull riding

1. Renato Nunes, Euless, Texas, on Northern Chill, 88.0
2. Ross Coleman, Molalla, Ore., on Red Hot, 85.0
3. Bobby Welsh, Gillette, Wyo., on Beachcomber, 83.5

Ladies' barrel racing

1. Tammy Key-Fischer, Ledbetter, Texas, 17.49
2. Joleen Seitz, Savona, B.C., 17.65
3. Lisa Lockhart, Oelrichs, S.D., 17.70

Saddle bronc

1. Chad Ferley, Oelrichs, S.D., on Bookmark, 83.0
2/3. Heith DeMoss, Heflin, La., on Bonus Alley, 81.5
2/3. Taos Muncy, Corona, N.M., Bomb, 81.5.

Steer wrestling

1. Todd Suhn, Weatherford, Texas, 3.6
2. Stockton Graves, Newkirk, Okla., 4.0
3. Lee Graves, Calgary, 4.1

Tie-down roping

1. Tyson Durfey, Colbert, Wash., 6.8.
2. Clint Robinson, Spanish Fork, Utah, 7.0
3. Hunter Herrin, Apache, Okla., 7.1

DO YOU MAKE $30,531/YEAR?

DON'T LET OBTAINING HOME OWNERSHIP STRESS YOU OUT!

PAY ONLY $645/MONTH INCLUDING CONDO FEES!

THE ONLY 10 YEAR PLAN OFFERED!

Take advantage of our unique mortgage assistance plan that gives our buyers, **DOWN PAYMENT ASSISTANCE** and **LOW MONTHLY PAYMENTS!** Walk into a spacious **1,069+ Sq.Ft. home** for as little as **$645/MONTH INCLUDING CONDO FEES, ONLY $2,700 DOWN!** No Catch & Hassle Free! Think that's a good deal? Why wait to buy? Interest rates are at their lowest! Find out how you can "Enjoy a ***Classic*** Lifestyle" TODAY!

Sunrise Terrace Villas

Another Classic Community

CCL Classic Communities

For more Info on this community
Call Our High River Sales Team
Office: (403) 601-1739

The Developer reserves the right to make modifications and changes to building and property design, specifications and features; should they be necessary to maintain the high standard and design integrity of this project or to maintain local building code requirements. Monthly payments include Condo Fees, Gas & Water. Figures based upon an interest rate of 4.49% compounded semi-annually.

www.DoNotRent.ca

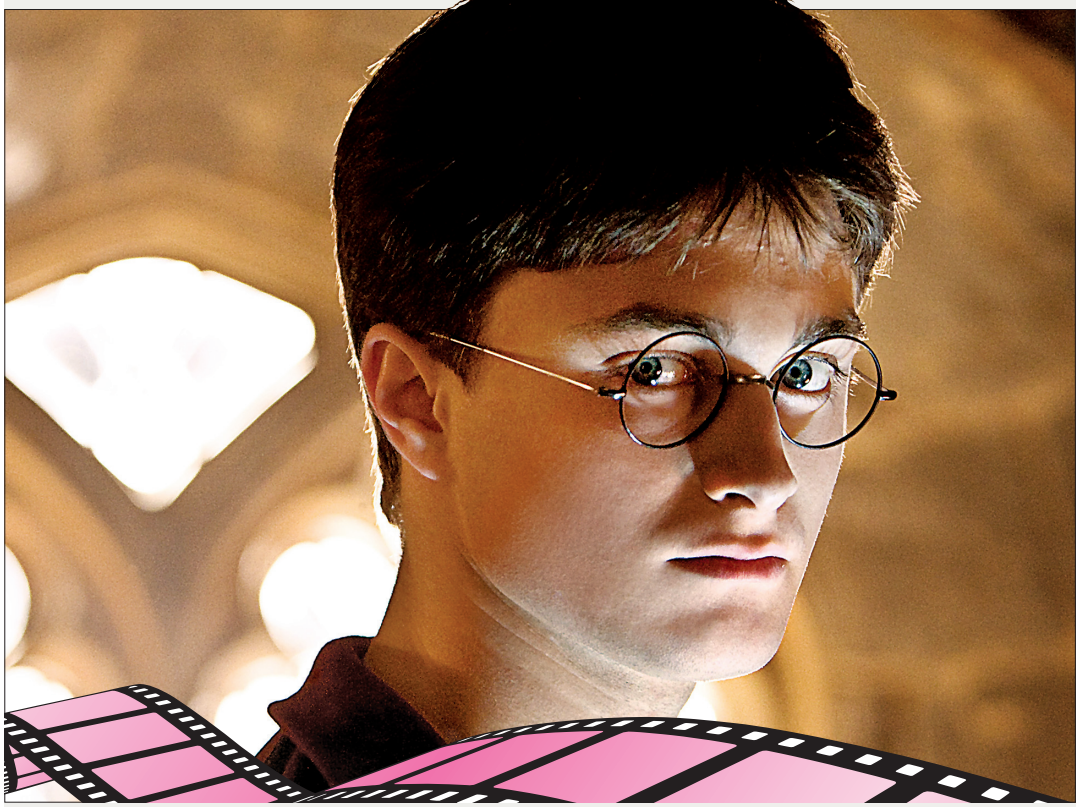
Visit metronews.ca/movies to get showtimes, watch trailers and read reviews.

Movies&Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Movies

Phenomenon Pg 14



With two more films still to be made, one actor tells Metro he is still grappling with the legacy of the Harry Potter phenomenon.

Movies Pg 14

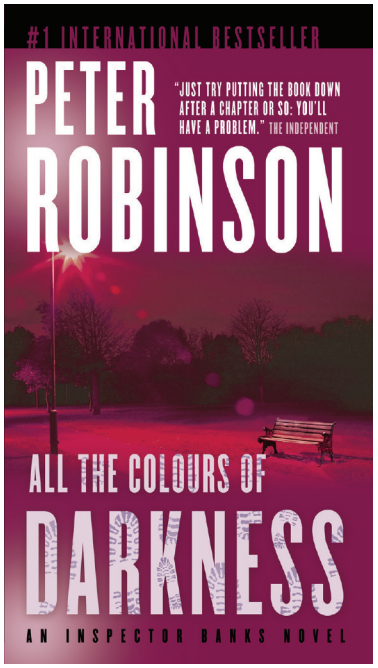
It's quite possible that Brüno tops his predecessor Borat.

Music Pg 17

Self-released artists pick up label and month-long tour.

Television Pg 18

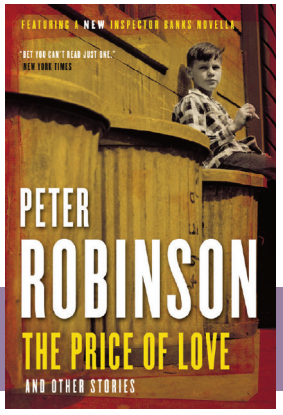
Model contestants say fame sometimes takes its toll.



New in paperback from the #1 bestselling author

PETER ROBINSON

"A terrific read." —Toronto Sun



The Price of Love, a new collection of sizzling mystery stories, including three starring ***Inspector Banks.***

And look for these premium format paperbacks, available late July!

Visit www.McClelland.com to read excerpts • McCLELLAND & STEWART

At a glance
Brüno ⊕⊕⊕⊕, I Love You, Beth Cooper ⊕, Moon ⊕⊕⊕

Movies

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

Real Draco revealed

Potter schoolmate a complete coward: Felton

ANNE BRODIE
for Metro Canada

Tom Felton, who plays Hogwart's dastardly teen wizard-in-training Draco Malfoy, is all sunny smiles while meeting press in a Toronto hotel.

It's surprising after the busy week he has had promoting Harry Potter and the Half-Blood Prince — the newest addition to the Potter movie franchise.

There was the London premiere on Tuesday night, a full day of media in Toronto, and then a quick flight to New York for an international press junket.

"Sunday, I get my roots done in England and Monday we film Deathly Hallows," says Felton.

At 21, he's an old hand at the Potter game. He was ten when he first played Malfoy and now — in the sixth Harry Potter outing — he has his most dramatic moments yet as his character takes on more of a key role in the series.

"I was very nervous when I first read the script," he says. "I thought it might be beyond my capabilities. But I was absolutely thrilled to turn this slightly two-dimensional character into a real bundle of emotion."

Even though he has played Malfoy in five previous films, Felton says he had a revelation about his character while shooting The Half-Blood Prince.

"You assume Draco's this confident, cool, solid person when in reality he's just a complete coward. He's terrified of the world around and that's why he attempts to bully people around him. I try to do the opposite really.

"It only came to me now. It's nothing to do with his personal self, he's not bad. The people have raised him to be the way he is. I think he's desperate to be nice, but he just can't be. He doesn't have an option, he's never been taught how to."

With two more films to be made, Felton says he is still grappling with the legacy and meaning of the Potter phenomenon.

"It's crazy to think about it, but it won't sink in until later. I keep thinking about showing my (future) kids my DVDs and saying, 'Look, there's daddy when he was ten years old.'

"I'm very proud we have something hard that will always be there, proof of our existence in the world. Years later on we'll think, bloody hell, that was truly something epic."

Tom Felton returns as Draco Malfoy in Harry Potter and the Half-Blood Prince.

Harry Potter and the Half-Blood Prince hits theatres next week

On the web

- For movie photos, trailers and screen times, or to buy tickets, visit metronews.ca/movies.

Movie feature

Idiotic Brüno tops bumbling Borat

Brüno
Director: Larry Charles
Stars: Sacha Baron Cohen
Classification: 18A
Rating: ⊕⊕⊕⊕

NED EHRBAR
Metro World News

Sacha Baron Cohen reinvents himself as Brüno.

REVIEW Sacha Baron Cohen follows up his 2006 hit Borat with another mockumentary about a clueless outsider exploring America — and he may well have topped himself.

The new film excels because of its more focused subject matter — celebrity and homosexuality — and its more idiotic protagonist. Whereas Borat was a bumbling outsider, out of his depths in American culture, Brüno is all swagger and confidence.

Sure, he's an idiot, but he's also his own biggest fan (after his assistant's assistant, Lutz), which makes him that much easier to laugh at.

The story follows Baron Cohen's Austrian TV fashion reporter trying to become a celebrity in the U.S. after being sacked for disrupting Milan Fashion Week. He tries everything he can think of to become the "biggest Austrian superstar since Hitler," from trying to make a sex tape with Ron Paul to adopting a baby from Africa, but eventually realizes his sexuality is holding him back.

"I looked at big stars like Tom Cruise, John Travolta and Kevin Spacey, and I realized they had one thing in common — they're straight."

While many of the laughs come from shock (there is an awful lot of male genitalia in this movie, including one specimen that shouts at the camera), the best humour in Brüno comes when Baron Cohen lets his equally un-self-aware subjects dig their own graves.

Two L.A. public relations pros do a great disservice to their profession's reputation, displaying a level of vapidity to rival Brüno's — only they're not acting. Equally scary is a series of interviews Baron Cohen conducts with stage parents trying to get their toddlers a gig in a photo shoot he's planning.

No matter what he suggests — lit phosphorus, radical weight loss — the parents insist their babies are up for it. Once again, Baron Cohen proves that no matter how ridiculous of a character he creates, he can find real people out there that are even more ridiculous — and aren't afraid to prove it on camera.

- For Brüno photos, a trailer and screen times, or to buy tickets, visit metronews.ca/movies.

Beth Cooper lacking fun

I love You, Beth Cooper
Director: Christopher Columbus
Stars: Hayden Panettiere, Paul Rust
Classification: PG
Rating: ⊕

ADAM NAYMAN
for Metro Canada

REVIEW "Who said that this was supposed to be fun?" sneers Hayden Panetierre midway through I Love You, Beth Cooper, and it's a good question. After all, why should audiences expect anything worthwhile from veteran hack director Christopher Columbus, now eight years removed from his association with the Harry Potter franchise?

Not that there aren't some signs of ambition here. Adapted from Simpsons writer Larry Doyle's novel of the same name, I Love You Beth Cooper attempts to deconstruct the teen-coming-of-age comedy, setting up a familiar plot — hopeless geek (Paul Rust) courts his dream girl (Panettiere) across one wild, incident-laden evening — and then taking the action in (hypothetically) unexpected directions.

Unfortunately, Columbus doesn't have the sly touch or tonal control required for satire. Most of the scenes have a hesitant quality, or else end up spiralling wildly over the top (an extended sequence set at a house party is simply painful).

Panettiere is suitably perky as the film's eponymous object of desire, but at this point, the blonde goddess with secret insecurity issues is a tired (and insulting) cliché.

The only oasis of relief is provided by Alan Ruck as Rust's understatedly cool dad: His appearance evokes memories of Ferris Bueller's Day Off, giving us something to think about.

Moon revives arty science fiction

Moon
Director: Duncan Jones
Stars: Sam Rockwell, Kevin Spacey
Classification: STC
Rating: ⊕⊕⊕

PHIL BROWN
for Metro Canada

Sam Rockwell plays an astronaut in Duncan Jones' Moon.

REVIEW Duncan Jones' Moon is a deliberate throwback to the science fiction films of his youth. The setting feels like a future that might have been imagined in the '70s or '80s (complete with clapper and flowbee).

It's a film that comes out of a love of classic movies like 2001: A Space Odyssey and Alien, liberally borrowing from the style and worlds of its predecessors.

Occasionally this borrowing can go a too far and Moon can feel like little more than a collection of Jones' favourite scenes from other movies, but for the most part this pastiche succeeds admirably in reviving a dying subgenre: the science fiction art film.

Sam Rockwell stars as a lonely astronaut finishing up a three-year mission on the moon with only a monotone robot (Kevin Spacey) to keep him company. After accidentally crashing one of his vehicles, Rockwell wakes up and discovers what may or may not be his clone. Until the last act we're never quite sure if Rockwell is the victim of a conspiracy or simply going bonkers. Though hardly an action-packed thrill ride, Moon offers plenty of oppressive atmosphere and suspense.

GREAT SAVINGS AT THE BAY THIS WEEKEND

Friday, July 10th to Sunday, July 12th

30%OFF
STEMWARE BY **DA VINCI, ROYAL DOULTON, NORITAKE, SCHOTT ZWIESEL, SPIEGELAU & WATERFORD**

$11.99
YOUR CHOICE!
HEALTHY LIVING PILLOWS
Reg. $26-$30
Available in all sizes.

BUY ONE, GET ONE
50%OFF
MEN'S SOCKS BY **NAUTICA, HAPPY FOOT, MCGREGOR, NIKE & FILA**
Second item must be of lesser or equal value.

BUY ONE, GET ONE
50%OFF
WOMEN'S SOCKS AND PANTYHOSE
Excludes SPANX, CALVIN KLEIN, JOCKEY & PHILIPPE MATIGNON.
Second item must be of er or equal value.

25%OFF
HENCKELS KNIVES, KNIFE BLOCK SETS, FLATWARE & GADGETS

$99.99 BIALETTI
8-PCE. PROFESSIONAL COOKWARE SET
Reg. $399.99. Includes serving spoon & fork.
ALSO, 50% OFF ALL COOKWARE SETS
Excludes ALL-CLAD.

50%-70%OFF
ALL LUGGAGE
Reg. $25-$700 **Sale $10-$350**
Excludes items with 97¢ price endings.

$44.99 MEN'S **LEVI'S** DENIM 501 & 505 Reg. $70-$75
ALSO, 30% OFF ALL OTHER LEVI'S FASHIONS Off our regular prices.
40% OFF MEN'S FASHIONS BY POINT ZERO. Off our regular prices.

PLUS SAVE 15%

Fri., July 10th for the last 3 hours & Sat., July 11th for the first 3 hours only!
When you use your Hbc† MasterCard® or your Hbc Credit Card *Some exclusions apply. See below for details.

buy it **now** or regret it **later!**

SHOE CLEARANCE UP TO 50%OFF
Men's & women's footwear
Prices as ticketed.
PLUS SAVE AN EXTRA 25%
Off our last ticketed prices.

AN EXTRA 30%OFF CLEARANCE-PRICED
WATCHES, JEWELLERY, LUGGAGE & BACKPACKS
WOMEN'S ACCESSORIES, WALLETS & HANDBAGS
Off our last ticketed prices.
Selection will vary by store.

AN EXTRA 30%OFF CLEARANCE-PRICED
BEDDING, TOWELS, BATH ACCESSORIES, SMALL APPLIANCES, COOKWARE, FLATWARE & BAKEWARE
Off our last ticketed prices.

AN EXTRA 50%OFF CLEARANCE-PRICED
DINNERWARE, STEMWARE & GIFTWARE
Off our last ticketed prices.

CLEARANCE! ALL PATIO ON SALE! UP TO 60% OFF!

the Bay

***15% discount excludes:** Women's wear: La Collection, ABS, Groupe JS Collection dresses & suits, Tahari suits, Andy Thê-Anh, Anne Klein New York, BaBsh, By Malene Birger, Ça Va de Soi, Chaiken Profile, Dana Buchman, Ellen Tracy, Hoss, Laila, Lauren by Ralph Lauren, Mint, Norma Kamali, Tavân & Mitto, Three Quarter, Tara Jarmon, Walter, BAIA Black Label, DKNYC sportswear. Men's wear: West End Shop/Boutique Le Président. Cosmetics & fragrances. Spanx hosiery, Dooney & Bourke handbags, Calvin Klein handbags, Treesje handbags, Kenneth Cole NY handbags. Swarovski crystal, Gucci watches, furniture, major appliances, home entertainment, mattresses, Hbc Gift Cards, pharmacy, licensed merchandise & licensed departments. CA Day discount cannot be combined with New Account Discount. Other exclusions may apply.
† Registered trademark of Hudson's Bay Company. ® Registered trademark of MasterCard International Incorporated. Used pursuant to license.

Selection will vary by store. Savings are off our regular prices, unless otherwise specified. Everyday Bay Value, just-reduced, Power Buys, Manager's Specials, licensed departments, Salviati, Vera Wang and Hbc Foundation charity merchandise are excluded. When you see "POWER BUY" or "Manager's Special" you will know we have found an exceptional deal to pass on to you. We may tell you the COMPARABLE VALUE on the price ticket and/or a sign, so you will see the price another retailer in Canada charges or would likely charge for the same or a comparable value item. Quantities of our Power Buys and Manager's Specials and items located in any "Style Outlet" in-store departments are limited and may vary from store to store – no rain checks or substitutions. When we say "PRICE CUT", we mean the existing everyday price is being lowered temporarily. See in-store for details.

Cineplex | Empire | Landmark | Independent

Screen Times

This week's new releases are highlighted in pink.

THESE PAGES COVER MOVIE START TIMES FROM FRI., JULY 10 TO THURS., JULY 16. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

CANYON MEADOWS
Bay 110 13226 Macleod Trail, 403-670-5444

17 Again (PG) Fri-Thu 1:05-3:35-7:25-9:55
Drag Me to Hell (14A) Fri-Thu 9:50
Earth (PG) Fri-Thu 1:10
Ghosts of Girlfriends Past (PG) Fri-Thu 12:50-3:30-6:35-9:20
Hannah Montana: The Movie (G) Fri-Thu 1:25-3:50-6:55
I Love You, Man (14A) Fri-Thu 1:35-3:55-7:10-10
Land of the Lost (PG) Fri-Thu 1:20-4:10-7:05-9:40
Monsters vs. Aliens (G) Fri-Thu 1:30-4-7
Race to Witch Mountain (PG) Fri-Thu 4:20
The Soloist (PG) Fri-Thu 12:55-7:15-10
State of Play (14A) Fri-Thu 3:45-6:45-9:30
Sunshine Cleaning (14A) Fri-Thu 9:35
Terminator Salvation (14A) Fri-Thu 1:15-4:15-7:30-10:05
X-Men Origins: Wolverine (14A) Fri-Thu 1-4:05-7:20-9:45

CROWFOOT CROSSING
91 Crowfoot Terrace, 403-547-3316

Brüno (18A) No Passes Fri-Tue 11:50-2:20-4:50-7:50-10:25 No Passes Wed-Thu 11:50-2:20-4:50-7:50-10:30
The Hangover (18A) Fri-Thu 12:10-2:45-5:10-7:40-10:10
Harry Potter and the Half-Blood Prince (PG) No Passes Tue 12:01 No Passes Wed-Thu 11:30-12-3-3:30-6:30-7:10-10:25
I Love You, Beth Cooper (14A) No Passes Fri-Tue 12-3:30-7:20-9:55 No Passes Wed-Thu 1:10-4:20-7:20-9:50
Ice Age: Dawn of the Dinosaurs (G) Fri-Tue 1:10-4:20-7:25-9:45
Ice Age: Dawn of the Dinosaurs 3D (G) Fri-Tue 11:40-2:30-5-7:30-10 Wed-Thu 11:40-2:30-5-7:30-9:55
My Sister's Keeper (14A) Fri-Thu 1-4-6:50-9:40
The Proposal (PG) Fri-Thu 1:20-4:10-7:15-10:05
Public Enemies (14A) Fri-Tue 12:20-3:40-7:10-10:20 Wed 4-7:10-10:20 Thu 12:20-3:40-7:10-10:20 Star & Strollers Screening Wed 1
Star Trek (PG) Fri-Tue 12:50-4:30-7:35-10:30
Transformers: Revenge of the Fallen (PG) Fri-Tue 11:30-12:30-3-3:50-6:30-7-9:50-10:15 Wed-Thu 12:30-3:50-7:05-10:15
Up (G) Fri-Thu 12:40-3:15-6:45-9:30

EAU CLAIRE MARKET
200 Barlay Parade, 403-263-3166

Brüno (18A) No Passes Fri-Sun 12:30-2:45-5-7:30-10 No Passes Mon-Tue 2:45-7:30-10 No Passes Wed-Thu 4-7:15-9:30
The Hangover (18A) Fri-Sun 12:45-3:45-7:45-10:30 Mon-Tue 3:45-7:45-10:30 Wed-Thu 3:30-7:30-10:30
Harry Potter and the Half-Blood Prince (PG) No Passes Wed-Thu 3-6:30-10
Ice Age: Dawn of the Dinosaurs (G) Fri-Sun 1-4-6:45-9:15 Mon-Tue 4-6:45-9:15
Public Enemies (14A) Fri-Sun 11:30-3-6:30-9:45 Mon-Tue 3-6:30-9:45 Wed-Thu 3:15-6:45-9:45
Transformers: Revenge of the Fallen (PG) Fri-Sun 12-3:30-7-10:15 Mon-Tue 3:30-7-10:15 Wed 2:45-10:15 Thu 2:45-7-10:15
Whatever Works (PG) Fri-Sun 12:15-3:15-7:15-9:30 Mon-Tue 3:15-7:15-9:30 Wed-Thu 3:45-7-9:15

EMPIRE STUDIO 16 COUNTRY HILLS
388 Country Hills Blvd., 403-686-8491

Brüno (18A) SR Dolby Digital, Stadium Seating, No Passes Fri-Sat 2-4:10-7:30-9:45-11:50 SR Dolby Digital, Stadium Seating, No Passes Sun-Mon 2-4:10-7:30-9:45 SR Dolby Digital, Stadium Seating, No Passes Tue 2-4:10-7:30-9:35 SR Dolby Digital, Stadium Seating, No Passes Wed-Thu 2-4:10-7:30-9:45
The Hangover (18A) SR Dolby Digital, Stadium Seating Fri-Sat 1:50-4:30-7:25-9:50-11:55 SR Dolby Digital, Stadium Seating Sun-Thu 1:50-4:30-7:25-9:50
Harry Potter and the Half-Blood Prince (PG) No Passes, SR Dolby Digital, Stadium Seating Tue 11:55 No Passes, SR Dolby Digital, Stadium Seating Wed-Thu 11:30-12-12:30-1-2:55-3:25-4-4:30-6:30-6:50-7:30-8-9:45-10:10
I Love You, Beth Cooper (14A) Stadium Seating, SR Dolby Digital Fri-Sat 12:40-3:05-6:55-9:25-11:40 Stadium Seating, SR Dolby Digital Sun-Thu 12:40-3:05-6:55-9:25
Ice Age: Dawn of the Dinosaurs (G) SR Dolby Digital, Stadium Seating Fri-Tue 12:20-3-6:50-9:15 SR Dolby Digital, Stadium Seating Wed-Thu 12:20-3-6:50
Ice Age: Dawn of the Dinosaurs 3D (G) SR Dolby Digital, Stadium Seating Fri-Thu 11:50-2:15-4:40-7:20-9:45
Kambakkht Ishq (14A) SR Dolby Digital, Stadium Seating Fri-Thu 11:55-2:55-6:30-10
My Sister's Keeper (14A) SR Dolby Digital, Stadium Seating Fri-Thu 1-3:50-7:15-9:55
Pelham 123: L'ultime station (14A) SR Dolby Digital, Stadium Seating Sat 9:20-11:50 SR Dolby Digital, Stadium Seating Sun-Tue 9:20
The Proposal (PG) SR Dolby Digital, Stadium Seating Fri-Sat 12:10-2:50-6:40-9:25-11:45 SR Dolby Digital, Stadium Seating Sun-Tue 12:10-2:50-6:40-9:25 SR Dolby Digital, Stadium Seating Wed-Thu 12:10-3:15-7-9:35
Public Enemies (14A) SR Dolby Digital, Stadium Seating Fri-Sun 12:05-12:35-3:15-3:45-6:45-7:15-9:50-10:15 SR Dolby Digital, Stadium Seating Mon-Tue 12:05-12:35-3:15-3:45-6:45-7:15-9:50 SR Dolby Digital, Stadium Seating Wed-Thu 12:35-3:45-6:45-9:30-9:50
Star Trek (PG) SR Dolby Digital, Stadium Seating Fri-Tue 6:35-9:30
The Taking of Pelham 123 (14A) SR Dolby Digital, Stadium Seating Fri 9:20-11:50
Transformers: Revenge of the Fallen (PG) SR Dolby Digital, Stadium Seating Fri-Sat 11:45-12:15-12:45-3:10-3:45-4:15-6:40-7:10-7:50-10:05-10:30-11:15 SR Dolby Digital, Stadium Seating Sun 11:45-12:15-12:45-3:10-3:45-4:15-6:40-7:10-7:50-10:05-10:30 SR Dolby Digital, Stadium Seating Mon-Thu 11:45-12:15-12:45-3:10-3:45-4:15-6:40-7:10-7:50-10:05
Up (G) SR Dolby Digital, Stadium Seating Fri-Tue 12:30-3:30-7-9:40 SR Dolby Digital, Stadium Seating Wed-Thu 12-2:50-6:50-9:20 SR Dolby Digital, Stadium Seating Fri-Tue 12-2:50
Year One (14A) SR Dolby Digital, Stadium Seating Fri-Tue 1:40-4:20-6:55

EMPIRE STUDIO 10 MACLEOD TRAIL
100-16061 MacLeod Trail, 403-974-0470

Brüno (18A) SR Dolby Digital, Stadium Seating, No Passes Fri-Tue 1:45-4:40-7:25-9:40 SR Dolby Digital, Stadium Seating, No Passes Wed-Thu 1:45-4:40-7:25-9:50
The Hangover (18A) SR Dolby Digital, Stadium Seating Fri-Thu 1-4:30-7:45-10:20
Harry Potter and the Half-Blood Prince (PG) SR Dolby Digital, Stadium Seating, No Passes Tue 11:59 SR Dolby Digital, Stadium Seating, No Passes Wed-Thu 11:30-12:30-3-4-6:45-8-10:15
I Love You, Beth Cooper (14A) DTS Digital, Stadium Seating, No Passes Fri-Tue 12:20-3:20-6:45-9:20 DTS Digital, Stadium Seating, No Passes Wed-Thu 12:20-3:10-6:30-9:20
Ice Age: Dawn of the Dinosaurs (G) DTS Digital, Stadium Seating, No Passes Fri-Tue 12:45-3:45-6:30

Ice Age: Dawn of the Dinosaurs 3D (G) Digital Presentation, SR Dolby Digital, Stadium Seating, No Passes Fri-Thu 1:15-4:10-7-9:30
The Proposal (PG) DTS Digital, Stadium Seating Fri-Tue 12:30-4:20-7:35-10:10 DTS Digital, Stadium Seating Wed-Thu 12:45-3:45-7:35-10:10
Public Enemies (14A) SR Dolby Digital, Stadium Seating Fri-Tue 12:10-3:10-6:50-10 SR Dolby Digital, Stadium Seating Wed-Thu 12:10-3:20-6:50-10
Star Trek (PG) DTS Digital, Stadium Seating Fri-Tue 9
Transformers: Revenge of the Fallen (PG) SR Dolby Digital, Stadium Seating Fri-Tue 11:30-12-3-3:30-6:40-7:10-10:15-10:30 SR Dolby Digital, Stadium Seating Wed-Thu 12-3:30-7:10-10:30
Up (G) Digital Presentation, SR Dolby Digital, Stadium Seating Fri-Tue 1:30-4-7:15-9:45 SR Dolby Digital, Stadium Seating Wed-Thu 1:30-4:20-7:15-9:45

GLOBE CINEMA
617-8 Avenue, 403-262-3308

Chéri (14A) Fri-Thu 9:15
Easy Virtue (PG) Fri 7 Sat-Sun 1-3:15-7 Mon-Thu 7
Moon (14A) Fri 7:10-9:20 Sat-Sun 1:10-3:20-7:10-9:20 Mon-Thu 7:10-9:20

MOVIEDOME
1039 999 36 St., 403-248-2000

17 Again (PG) Fri-Thu 6:55-9:45
Drag Me to Hell (14A) Fri-Thu 1:15-4:05-7:10-10:05
Ghosts of Girlfriends Past (PG) Fri-Thu 1:10-3:55-7:10
Hannah Montana: The Movie (G) Fri-Thu 1:05-4-6:45-9:40
Imagine That (G) Fri-Thu 12:50-3:50-6:50
Land of the Lost (PG) Fri-Thu 1-3:50-7:05-9:55
Monsters vs. Aliens (G) Fri-Thu 12:55-3:45
New York (14A) Fri-Thu 9:15
Short Kut (Hindi w/e.s.t.) (STC) Fri-Thu 2-6:30-9
Terminator Salvation (14A) Fri-Thu 12:45-3:35-6:50-9:35
X-Men Origins: Wolverine (14A) Fri-Thu 12:50-3:40-6:45-9:50

SCOTIABANK CHINOOK
6455 MacLeod Trail, 403-212-8994

Angels & Demons (14A) Fri-Tue 3:10-9:55
Brüno (18A) No Passes Fri-Sat 11:50-12:20-2:05-2:40-4:30-5:05-7:05-7:35-9:30-10:25-11:55 No Passes Sun-Tue 11:50-12:20-2:05-2:40-4:30-5:05-7:05-7:35-9:30-10:25 No Passes Wed-Thu 11:50-12:20-2:05-2:40-4:30-5:05-7:05-7:35-9:45-10:25
The Hangover (18A) Fri-Thu 12:10-2:50-5:20-8-10:45
Harry Potter and the Half-Blood Prince (PG) No Passes Tue 12:01-12:05 No Passes Wed-Thu 11:30-12-12:30-3-3:30-4-6:45-7-7:30-10:15-10:30-11:10
I Love You, Beth Cooper (14A) No Passes Fri-Thu 12:45-3:45-6:50-9:30
Ice Age: Dawn of the Dinosaurs (G) Fri-Tue 1:10-4-7:15 Wed-Thu 1:10-4
Ice Age: Dawn of the Dinosaurs 3D (G) Fri-Thu 11:30-12:30-2-2:50-4:30-5:15-7-7:45-9:35-10:20
Metropolitan Opera: The Magic Flute (STC) Sat 11
My Sister's Keeper (14A) Fri-Thu 1-4:05-7:10-10:10
The Proposal (PG) Fri-Thu 12:55-3:45-7:05-10:05
Public Enemies (14A) Fri-Tue 11:45-12:45-3-4:05-6:50-7:20-10:15-10:40 Wed 12:45-4:05-6:50-7:20-10:15-10:40 Thu 4:05-6:50-7:20-10:15-10:40 Star & Strollers Screening Thu 1
Star Trek (PG) Fri 1:15-4:20-7:25-10:25 Sat 4:20-7:25-10:25 Sun-Wed 1:15-4:20-7:25-10:25 Thu 1:15-4:20-10:25
The Taking of Pelham 123 (14A) Fri-Sun 9:40 Mon 9:55 Tue 9:40
Transformers: Revenge of the Fallen (PG) Fri-Tue 11:30-12:30-3-4:6:30-7:30-9:45-11 Wed-Thu 11:30-3-6:30-9:45
Transformers: Revenge of the Fallen: The IMAX Experience (14A) Fri-Sat 10:40-2-5:20-8:40-11:55 Sun-Thu 12-3:30-7-10:30
Up in Disney Digital 3D (G) Fri-Thu 11:40-2:05-4:40-7:15-10
Year One (14A) Fri-Mon 12:15-7:20 Tue 12:15

PLAZA THEATRE
1133 Kensington Rd., 403-283-3636

Adrift in Tokyo (PG) Fri 9:20 Sat-Sun 2-9:20 Mon-Wed 9:20
African Operation Imani Film Fundraiser (STC) Thu 7
Sin Nombre (18A) Fri 7:10 Sat 12-4:10-7:10 Sun 12-7:10 Mon-Wed 7:10 Thu 9:15
Sri Lankan Film (STC) Sun 4

SUNRIDGE SPECTRUM
2555 32nd Street, 403-717-1200

Brüno (18A) No Passes Fri-Thu 12:15-2:40-5:10-7:30-9:50
The Hangover (18A) Fri-Thu 12:10-3:05-7:25-10:35
Harry Potter and the Half-Blood Prince (PG) No Passes Tue 12 No Passes Wed-Thu 11:30-12:05-12:40-3-3:35-4:10-6:30-7:05-7:35-10-10:35
I Love You, Beth Cooper (14A) No Passes Fri-Tue 12:30-3:10-7:15-10 No Passes Wed-Thu 12:30-3:10-7:15-10:10
Ice Age: Dawn of the Dinosaurs (G) Fri-Thu 12:25-3:20-6:55-9:20
Ice Age: Dawn of the Dinosaurs 3D (G) Fri-Tue 11:50-2:25-5-7:35-10:10 Wed-Thu 11:50-2:25-5-7:40-10:20
My Sister's Keeper (14A) Fri-Tue 12:40-3:25-6:30-9:15
The Proposal (PG) Fri-Thu 12:45-3:40-7:10-9:55
Public Enemies (14A) Fri-Tue 12:20-12:50-3:35-4:10-6:50-7:20-10:05-10:30 Wed 12:20-3:30-4:05-6:50-7:20-10:05-10:30 Thu 12:20-12:50-3:30-4:05-6:50-7:20-10:05-10:30 Star & Strollers Screening Wed 1
The Taking of Pelham 123 (14A) Fri-Tue 3-10:30
Transformers: Revenge of the Fallen (PG) Fri-Tue 11:45-12-1-3:15-3:30-4:30-6:45-7-8-10:15-10:25 Wed-Thu 11:45-12-3:15-3:25-6:45-7-10:15-10:25
Up in Disney Digital 3D (G) Fri-Tue 11:55-2:30-5:05-7:40-10:20 Wed-Thu 11:55-2:30-5:05-7:45-10:25
Year One (14A) Fri-Tue 12:05-7:45

THE UPTOWN STAGE & SCREEN
612 8th Ave., 403-265-0120

Away We Go (14A) Fri 6:50-9 Sat-Sun 2:10-6:50-9 Mon-Thu 6:50-9
The Limits of Control (14A) Fri-Thu 4:40
Rudo y Cursi (14A) Fri 4:30-7-9:10 Sat-Sun 2:20-4:30-7-9:10 Mon-Tue 4:30-7-9:10 Wed 4:30-9:10 Thu 4:30-7-9:10

WESTHILLS 10
165 Stewart Green, 403-246-5291

Brüno (18A) No Passes Fri-Thu 12:20-2:30-4:40-7:35-10:10
The Hangover (18A) Fri-Thu 12:40-4-7:25-10:30
Harry Potter and the Half-Blood Prince (PG) No Passes Wed-Thu 11:30-12-3-3:30-6:30-7:10-10-10:40
Ice Age: Dawn of the Dinosaurs 3D (G) Fri-Thu 11:50-2:10-4:30-7:20-9:45
The Proposal (PG) Fri-Thu 12:30-3:40-6:50-9:25
Public Enemies (14A) Fri-Thu 12:10-3:20-7:10-10:20
Transformers: Revenge of the Fallen (PG) Fri-Tue 11:40-12:50-3:10-4:15-6:40-7:50-9:55 Wed-Thu 11:40-3:10-6:40-9:55
Up (G) Fri-Sun 12:05-3:30-7:10-9:35 Mon 12:05-3:30-9:35 Tue 12:05-3:30-7:10-9:35

Amazon.ca's top albums
1. Thriller (25th Anniversary Edition), Michael Jackson; **2.** Off The Wall, Michael Jackson; **3.** Bad, Michael Jackson; **4.** Number Ones, Michael Jackson; **5.** Essential Michael Jackson (2CD). METRO NEWS SERVICES

Music

Hometown heroes

Rural Alberta Advantage blends indie hooks, rollicking roots

BRYAN BORZYKOWSKI
for Metro Canada

As the Rural Alberta Advantage travel the highway between Vancouver and Seattle, they can't help but be amazed at how their lives have turned out. "It's so surreal," says keyboardist Amy Cole on the phone from a stretch of B.C. road. "This time last year no one would have predicted that we'd be on a month long tour outside of Ontario."

Rural Alberta Advantage's debut was re-released this week on Bright Eyes' label Saddle Creek.

It's true, a lot has happened for this infectious Toronto-based indie rock act since they self-released their debut, Hometowns, early last year. For months the disc went relatively unnoticed, but in November 2008 online music store eMusic featured them as their artist of the month. Soon enough the buzz grew and in May it was announced that the band had singed to Bright Eyes' label Saddle Creek — the label re-released their album on July 7.

While the trio is thrilled with the attention, they admit that it's been an overwhelming few months.

"It's nerve-wracking," says singer Nils Edenloff, who originally hails from Edmonton. "There is a lot of pressure having come this far and playing for people we never would have gotten a change to play for."

"But we're getting a lot of attention right now that not a lot of bands get, so we want to maximize the advantages," adds Cole.

Fortunately, the RAA should have nothing to worry about. The group's record is a brilliant collection of contagious indie hooks mixed with rollicking roots, and drummer Paul Banwatt is a monster on the skins. Not only is it incredibly catchy, but the subject matter, which is mostly about Edenloff's affection for Alberta, is easily relatable to anyone who's moved from where they grew up to somewhere new.

"We never set out to start an Alberta band and write songs about Alberta," he says. "But I found myself writing more and more about the province because that's just what I know, about things that were personal and close."

Still, playing songs about Alberta sure helps when you actually play the province. Edenloff says that his recent hometown gig "went better than I ever could have hoped for."

"When we play other places people say, 'I don't know Alberta, but I identify with the songs,'" he continues. "When we played Alberta, people said, 'I understand these songs and they really speak to me.'"

But while most audiences are hearing these songs for the first time, the RAA have been playing them for well over a year. Surprisingly, they haven't tired of their tunes yet.

"It's like we're playing them for the first time when we play for people who haven't heard them," says Cole. "That being said we're trying to work on new material on the road, so when we're eventually back home we'll have some material all ready to polish."

The Sony Walkman celebrates 30 years

SoundCheck

Amidst all the Michael Jackson news, a milestone passed almost unnoticed — the Sony Walkman turned 30 last week.

These days, everyone has a personal music device or seven. I'm pretty sure even my dog has an iPod Nano or two. But when Sony released the 14-ounce TPS-L2 on July 1, 1979, a series of complex cascading technological, economic and social events began. The Walkman not only changed the way we listened to music but the way we interact with each other. Look around: How many people do you see with ear buds right now? Before the Walkman, you wouldn't have seen any.

Ten facts about the Walkman:

1. All personal music players owe their existence to opera. Masaru Ibuka, the co-founder of Sony, ordered that the company make a small cassette player with lightweight earphones so he could enjoy his favourite operas on his many trans-Pacific and trans-Asia flights.

2. The Walkman was based on a prototype called the Pressman.

3. At first, the Walkman was known as the Soundabout in North America and the Stowaway in the U.K. because Ibukasan hated the name "Walkman." But a screw-up in the marketing department resulted in all Soundabouts being promoted as Walkmans.

4. Original estimates were that it would sell 5,000 units a month. When it was introduced, demand was upwards of 25,000 a month. Total sales today? About 200 million.

5. The first Walkmans had two headphone jacks because no one at Sony could conceive of anyone not wanting to share their music with someone. Why would anyone want to walk around in a solitary bubble of music?

6. Sony endured a long legal battle with a German-Brazilian inventor named Andreas Pavel over his early '70s device called the Stereobelt. They finally settled in 2004.

7. Although many other companies started making personal music devices, the Walkman became such a cultural touchstone that people referred to every such device regardless of manufacture as a "Walkman." Kind of like Kleenex or Aspirin.

8. More than 300 personal CD players, MiniDisc units, digital players and even video players have all been marketed with the Walkman name.

9. The proper plural form of "Walkman" is "Walkman Personal Stereos." Do not refer to two or more of them as "Walkmen."

10. Sony still makes a cassette Walkman but it hasn't been updated since 2002.

The Ongoing History Of New Music can be heard on stations across Canada. Read more at ongoinghistory.com and exploremusic.com

Metro recommends

• **Wilco (the album), Wilco:** Masterful balance of easy-going, George Harrison-esque guitar rock with experimental flourishes and artfully crafted lyrics.

• **Far, Regina Spektor, Far:** Spektor's great chops and playful vocals endear an array of intelligent piano-pop with surprising depth.

METRO NEWS SERVICES

TOP 10
MOBILE DOWNLOADS
1 I Know You Want Me Pitbull
2 I Gotta Feeling Black Eyed Peas
3 Boom Boom Pow Black Eyed Peas
4 Fire Burning Sean Kingston
5 Day 'N' Nite Kid Cudi
6 Birthday Sex Jeremih
7 Thriller Michael Jackson
8 I'm On A Boat Lonely Island
9 Knock You Down Keri Hilson
10 Kiss Me Thru The Phone Soulja Boy
rogers.com/musicstore
ROGERS

share the love with Beth & Brian

Dear Beth & Brian,

Once a month my girlfriends and I get together for a "sit-on-the-couch-double-feature-chick-flick". The other day one of our favourite movies turned into a great Breyers moment when the DVD player broke 2 minutes into the film. Making the most of our situation, I went to get us 4 bowls of Breyers® Double Churn Dark Chocolate Velvet ice cream - we forgot all about our movie night and spent the rest of the evening laughing, talking and reconnecting with each other. It was the best ending ever.

Deliciously yours,
Erin

Brian:
I love "chick-flicks", I just wish they had more car chases and aliens.

Beth:
A touching Breyers Moment is now playing in every extravagantly rich carton of Breyers® Double Churn Dark Chocolate Velvet – it's the deliciously smooth way to share the love with those who matter the most.

this is love

WIN A YEAR'S SUPPLY of Breyers® Double Churn Ice Cream!

Visit www.metronews.ca for a chance to win a year's supply of Breyers® Double Churn ice cream and a Breyers® Sharing Prize Pack for you and two friends.

You'll be able to try each new, indulgent Breyers® Double Churn ice cream flavour, Dark Chocolate Velvet, Banana Cream Pie, and Chocolate Cheesecake, and share the love with those that matter most.

No purchase necessary. Contest open to residents of greater Halifax, greater Ottawa, greater Montreal, greater Toronto, greater Calgary, greater Edmonton and greater Vancouver areas who have attained age of majority. Contest closes 11:59:59 pm ET August 28, 2009. Skill-testing question required. ARV of Grand Prize $1000. See full contest details at www.metronews.ca.

Trade-mark owned or used under license by Unilever Canada, Toronto, Ontario M4W 3R2.

Dollhouse comes back for more

The Season 2 premiere of Fox's Dollhouse will be written and directed by the man himself: Series creator Joss Whedon. The catch: You're going to have to wait an extra week to see it. The season premiere will air Friday, Sept. 25. TVGUIDE.COM

Going Out

Next top model down to three

BRIAN COULTON
for Metro Canada

It can't be easy to outlast eight model hopefuls in pursuit of the Canada's Next Top Model title, let alone to face constant criticism from the show's panel of judges. But for the competition's three finalists, their harshest criticism may have come after the show began airing.

"The show makes me seem evil," said Calgary, Alta.'s Nikita Kiceluk, sitting on a leopard print couch alongside fellow finalists Linsay Willier from Edmonton and Winnipeg's Meaghan DeWarreng-Waller at Toronto's CTV headquarters.

The editorial-looking finalist with straight black hair and an edgy attitude believes her bold personality and routine sarcasm was taken out of context on the show, portraying her in a negative light.

It also generated a lot of hate mail for Kiceluk who said she is unsure how the presentation will affect her career. "I'm not going to let that get in my way and I'm not going to not model because I know people don't want to look at my face. I'm sure some people do."

Many people want to look at DeWarreng-Waller, however. She said she has had to deal with loss of the anonymity she held before entering the competition. "I have no private life, unless it's behind closed doors," she said. "You go out and people are watching, listening, following and wanting pictures." People even want her to kiss their babies, she said; a request made of her on her plane ride to Toronto the evening prior.

But children have posed a different problem for Willier. On an early episode in which the women were whisked to the Bahamas for a photo shoot, mention was made of Willier's history of fighting, rendering her a "tough chic," which she said is not the case at all.

"I work with kids. I don't want kids thinking that's cool, because it's not," she said. However, Willier maintains the belief "there's no such thing as bad publicity", despite any misrepresentation. "Now all of Canada knows our names."

What Canada may not know is the true motivation behind the apparent mockery of recently ousted Iranian immigrant Maryam Massoumi from North Vancouver, B.C. at the hands of Kiceluk and DeWarreng-Waller. The show's last episode showed the women imitating Massoumi's speech, which could be interpreted as racist humour.

"The whole Maryam thing was an ongoing joke between the girls in the house," said DeWarreng-Waller. "People don't always see it like that," added Kiceluk. "They could think we're making fun of her because of her race, nationality or accent. It's none of the above."

Clockwise from above left: Nikita Kiceluk, Linsay Willier and Meaghan DeWarreng-Waller are the finalists on Canada's Next Top Model

Canada's Next Top Model concludes Tuesday night on CTV

FRIDAY

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/10/09	243	317 3 CFCN	etalk	Hollywood	Castle (HDTV)		Ghost Whisperer (HDTV)		Russell Peters: Red, White		News (N)
	-	- 4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Surviving Sub.	Goode Family	According-Jim	According-Jim	20/20
	245	306 6 CBRT	Coronation St.	Jeopardy! (N)	Air Farce	Laughs	Stampede Wrap Up		CBC News: The National		Stampede
	244	338 7 CICT	ET Canada	Entertainment	NUMB3RS "Frienemies"		Harper's Island "Sigh"		Mental (HDTV PA) (N)		News Hour
	246	- 8 CKAL	Law & Order: SVU		Man Tracker		Departures "Morocco"		Out There	Out There	Your City
	-	372 12 KREM	News (N)	Hollywood	The Doctors (N)		Ghost Whisperer (HDTV)		Flashpoint (HDTV)		NUMB3RS
	-	374 14 KSPS	NewsHour With Jim Lehrer		Wash. Week	McLaughlin	Bill Moyers Journal (N)		NOW on PBS	Being Served	P.O.V.
	-	370 16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Chopping Block (N)		Dateline NBC		
	-	373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Smarter Than a 5th Grader?		Mental (HDTV PA) (N)		News (N)
news	502	390 15 CBC	CBC News: The National		CBC News: the fifth estate		CBC News: The National		CBC News: The National		fifth estate
	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	501	391 52 CTV	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
sports	400	400 21 TSN	CFL Football: Stampeders at Blue Bombers		CFL Football Hamilton Tiger-Cats at BC Lions. From BC Place Stadium in Vancouver.						
	408	418 27 net	Heads-Up Poker		MLB Baseball New York Yankees at Los Angeles Angels of Anaheim. (HDTV) (Live)						Poker.net Irish
family	552	543 20 YTV	iCarly	True Jackson	The Next Star			Family Biz	Prank Patrol	Prank Patrol	Family Biz
	557	541 39 FAM	Han. Montana	Jonas (N)	Sonny Chance	*The Cheetah Girls* (2003, Comedy-Drama)			(10:03) *Richie Rich* (1994, Comedy)		
cable variety	-	- 18 CHTV	The Insider (N)	E News	The E! True Hollywood Story		Smarter Than a 5th Grader?		20/20 (HDTV)		News (N)
	603	561 25 FOOD	Bobby Flay	Chef Abroad	Diner, Drive-In	Diner, Drive-In	Ramsay's Kitchen Nightmares		Unwrapped	Unwrapped	Bobby Flay
	615	520 26 A&E	CSI: Miami (HDTV)		The Cleaner (HDTV)		Criminal Minds (HDTV)		CSI: Miami "Breathless"		CSI: Miami
	617	522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		BeastMaster		Kenny-Spenny	Kenny-Spenny	Trailer Park
	520	505 35 DISC	American Loggers		Earthshocks: Ring of Fire		Daily Planet		American Loggers		Handyman
	628	584 43 SPIKE	*Lethal Weapon* ★★★ (1987, Action) (HDTV) Mel Gibson, Danny Glover.					Ways to Die	UFC 100 Countdown		Ways to Die
	522	516 45 HIST	Urban Legends	Urban Legends	NCIS "Shalom" (HDTV)		Jurassic Fight Club		Urban Legends	Urban Legends	Ice Road Trck
	581	566 102 MTV	The Real World		True Love	The X Effect	Cribs	Cribs	Canada's Next Top Model		True Love

SATURDAY

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/11/09	243	317 3 CFCN	W-FIVE-Swans		*Lies My Mother Told Me* (2005, Docudrama) (DVS)				Law & Order: SVU		News (N)
	-	- 4 OMNI	Omni News: Mandarin		Chinese Rest.	Word for Word	*The Knot* ★★ (2006, Romance) Chen Kun, Vivian Hsu.				Chinese Rest.
	-	371 5 KXLY	News	The Insider (N)	Entertainment Tonight		Wipeout (HDTV)		Castle (HDTV)		Eli Stone
	245	306 6 CBRT	The Nature of Things		Calgary Stampede Rangeland Derby and Wild Card Saturday.				Track and Field		Da Vinci's
	244	338 7 CICT	Doc		Doc "Eminent Domain"		Doc "The Great Wall"		Doc		News (N)
	246	- 8 CKAL	Without a Trace		Murdoch Mysteries		*Tail Lights Fade* ★★ (1999, Drama) Denise Richards.				The City Show
	-	372 12 KREM	News (N)	Scrubs	Cold Case "Hubris"		48 Hours Mystery		Harper's Island "Gasp"		Harper's Island
	-	374 14 KSPS	The Lawrence Welk Show		Jack Benny	Time Goes By	Paul Simon: The Library of Congress Gershwin Prize				Monty Python
	-	370 16 KHQ	News (N)	Judge Judy	CSI: NY "Admissions"		Kings "Javelin" (N)		Law & Order: Criminal Intent		Law/Ord SVU
	-	373 22 KAYU	House "Role Model"		Two/Half Men	Two/Half Men	Cops	Cops (N)	America's Most Wanted		News (N)
news	502	390 15 CBC	Sat. Report	Mansbridge	Doc Zone (HDTV)		Sat. Report	Our World	Sat. Report	Mansbridge	Doc Zone
	500	500 29 CNN	Larry King Live		Newsroom		Campbell Brown		Larry King Live		Newsroom
	501	391 52 CTV	CTV News Weekend		News	CTV News	News	CTV News	News	CTV News	News
sports	400	400 21 TSN	(4:30) NASCAR Racing Sprint Cup -- LifeLock.com 400.				SportsCentre		Boxing Friday Night Fights. (HDTV)		
	408	418 27 net	MLB Baseball		Sportsnet Con.	MLS Soccer Toronto FC at San Jose Earthquakes.				Sportsnet Con.	Sportsnet Con.
family	552	543 20 YTV	Kid vs. Kat	League-Evil	Prank Patrol	Prank Patrol	Survive This	Adrenaline Proj	In Real Life "Dirty Jobs"		Prank Patrol
	557	541 39 FAM	(7:01) Jonas	Latest Buzz	Suite Life	Zoey 101	Zack & Cody	Han. Montana	*Contact* ★★★ (1997, Science Fiction)		
cable variety	-	- 18 CHTV	The Next Food Network Star	E News	Rich Poor	Rich Poor	*The Secret of Hidden Lake* (2006, Suspense) Rena Sofer.				E News
	603	561 25 FOOD			Kitchen Nightmares		Chef Jeff Project		Challenge		Next Food Star
	615	520 26 A&E	(6) *The Fugitive* (1993, Suspense)			The Cleaner (HDTV)		Tattoo High.	*The Fugitive* ★★★ (1993, Suspense)		
	617	522 32 SHOW	*Dr. Jekyll & Mr. Hyde* (2008, Suspense) Dougray Scott.				*The Perfect Child* (2007, Drama) Rebecca Budig.				*Night-Museum*
	520	505 35 DISC	Deadliest Catch		Destroyed	Guinea Pig	Criss Angel	Criss Angel	Deadliest Catch		Destroyed
	628	584 43 SPIKE	UFC's Ultimate 100		Jesse James Is a Dead Man		MANswers	MANswers	MANswers	MANswers	MANswers
	522	516 45 HIST	Unlocking the Past		Sinking-Athabaskan		Crime Stories		*Spy Game* ★★ (2001, Suspense)		
	581	566 102 MTV	Canada's Next Top Model		Cribs	Cribs	Cribs	Cribs	Canada's Next Top Model		Canada-Model

SUNDAY

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/12/09	243	317 3 CFCN	Corner Gas	Degrassi: TNG	Without a Trace (HDTV)		Merlin (HDTV) (N)		Cold Case "Lotto Fever"		News (N)
	-	- 4 OMNI	Without a Trace		King	Look I Cook	Bollywood Boulevard		1999		Toudi Sehat
	-	371 5 KXLY	News	Explorer TV	Home Videos	Just Laughs	Extreme Makeover: Home		Desperate Housewives		Brothers
	245	306 6 CBRT	Heartland (HDTV) (DVS)		Calgary Stampede Championship.				CBC News: Sunday Night (N)		Doctor Who
	244	338 7 CICT	16:9 Picture	American Dad	The Simpsons	Family Guy	Big Brother 11 (N)		Family Guy	The Simpsons	News (N)
	246	- 8 CKAL	Two/Half Men	Two/Half Men	Friends	Hates Chris	Kings		Royal Pains		Reviews
	-	372 12 KREM	News (N)		60 Minutes (HDTV)		Big Brother 11 (N)		Cold Case "Lotto Fever"		Without Trace
	-	374 14 KSPS	Lark Rise to Candleford		Nature (DVS)		Masterpiece Mystery! (N) (DVS)			West Coast	MI-5
	-	370 16 KHQ	News	Wheel-Fortune	Great American Road Trip		Merlin (HDTV) (N)		*Meteor* (2009, Suspense), Stacy Keach		
	-	373 22 KAYU	House "Control"		'Til Death	American Dad	The Simpsons	King of the Hill	Family Guy	The Simpsons	News (N)
news	502	390 15 CBC	CBC News: Sunday Night (N)		Sex Slaves Sex trade in Europe and its ties to Canada.				CBC News: Sunday Night		Sex Slaves
	500	500 29 CNN	Larry King Live		Newsroom		State of the Union		Larry King Live		State of Union
	501	391 52 CTV	CTV News Weekend		News	CTV News	News	CTV News	News	CTV News	News
sports	400	400 21 TSN	Boxing Friday Night Fights.		SportsCentre (HDTV) (Live)			Motoring 2009	Premier League Poker III (N)		Premier Poker
	408	418 27 net	(6) MLB Baseball St. Louis Cardinals at Chicago Cubs.				Sportsnet Connected		Sportsnet Connected (HDTV)		Poker
family	552	543 20 YTV	*Rebound* ★★ (2005, Comedy) Martin Lawrence.				Prank Patrol	Prank Patrol	In Real Life		Adrenaline Proj
	557	541 39 FAM	(7:01) Jonas	Latest Buzz	Suite Life	Zoey 101	Zack & Cody	Han. Montana	*Batman* ★★★ (1989, Action) Jack Nicholson.		
cable variety	-	- 18 CHTV	Inside Hollywood		Greatest Myst.	Greatest Myst.	Extreme Makeover: Home		D. Richards	Kendra	Kardashians
	603	561 25 FOOD	Iron Chef America		Jamie's Eat to Save Your Life		Restaurant Makeover		Get on Plate	Food Detective	Iron Chef Am.
	615	520 26 A&E	Gene Simmons	Gene Simmons	Hammertime	Hammertime	Hammertime	Hammertime	Bounty Hunter	Bounty Hunter	Gene Simmons
	617	522 32 SHOW	*Night-Museum*	Trailer Park	The Guard (HDTV)		*The Haunting of Sorority Row* (2007, Drama), Kailin See				Rescue Me (N)
	520	505 35 DISC	Mighty Ships "HDMS Absalon"		MythBusters		Anthony Bourdain		Treasure Quest		Mighty Ships
	628	584 43 SPIKE	DEA (HDTV)		Jesse James Is a Dead Man		Jesse James Is a Dead Man		MANswers	MANswers	Jesse James
	522	516 45 HIST	The War (DVS)		Bloody Christmas - Ortona		Sea Hunters		*The Perfect Storm* (2000, Suspense)		
	581	566 102 MTV	Cribs	Cribs	Cribs	Cribs	After	MTV News	Cribs	Cribs	Cribs

Mix of Six

Liquid Courage

Where: Royal Canadian Legion #1
When: July 10

A Party and fundraiser in support of the Calgary Military Family Resource Centre. Tickets are $20. For more information call 403-410-2320 ext 3590.

BAND-AID Brand Gets Stuck on Calaway Park

Where: Calaway Park
When: July 10 and 11

The makers of BAND-AID are inviting people to come out and sing the BAND-AID Brand jingle. For each person to record the single $1 will be donated to KidSport and a chance to win a family vacation. Runs from 9 a.m. to 7 p.m.

Brock Geiger CD Release

Where: Grace Presbyterian Church
When: July 11

Local Calgarian musician who won best performance in the youth category at the 2008 Folk Fest releases his first full-length album. Show starts at 7 p.m. with special guests Jay Crocker & Knots. Tickets are $10.

4th Annual Rock and Roll Rodeo

Where: Palomino Smokehouse and Social Club
When: July 11

Live entertainment from noon until close. Cover is $10 and all proceeds go towards the Alberta Children's Hospital.

Hawksley Workman

Where: Flames Central
When: July 11

The 18+ event starts at 8 p.m. Tickets on sale at ticketmaster.ca range in price from $30 to $45.

Sexy Gals in the City

Where: Jubilations Dinner Theatre
When: Ongoing until Aug. 30

A spoof on the popular television show set to love songs from the 70s and 80s. For more information on ticket prices and schedules visit jubilations.ca

Cooking software a piece of cake

KATHY BUCKWORTH
for Metro Canada

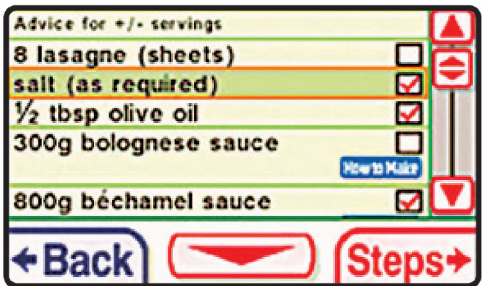
With four kids to feed on a daily basis, you'd think the last thing a busy mom would have the time to do is spend time on a Nintendo DSi. I used to think so too ... until I discovered their new software title, Personal Trainer: Cooking.

While it's not a surprise to find hundreds of recipes inside this virtual cooking coach, it's the more unique features you won't find on any cooking website or in any cookbook that make this the ideal kitchen companion, particularly when cooking with kids.

My 10-year-old daughter Bridget, otherwise known as the self-described "No. 1 bacon fan," discovered the Ingredient Explanation section and scrolled quickly to her favourite food. "This smoked, salt cured pork belly has a smooth and tender texture." So that's what a pork belly is!

We breezed through some other explanations and then went to the Substitute Ingredients area, which I found to be extremely useful in a household where teenagers are constantly looting through my cupboards and refrigerators and stripping me of every condiment and baking ingredient. I learned that sake (not a staple in my house) could be substituted with water and a pinch of seasoning. Interesting ... but what's a pinch, really? I went to the terminology button and found that out too.

As I browsed around the program with my daughter, it occurred to me that, in my experience, having electronic equipment in a space where frequent liquids and powdery substances come into magnetic contact with little fingers might not be the best combination. I flashed back to an unfortunate incident with my kitchen counter, my laptop, and a bag of flour. However, the Nintendo folks have thought of even that.



A sample of what you will see on Personal Training: Cooking, which is now available for the Nintendo DSi.

"It's fun to use voice commands like 'continue,' 'more details' and 'repeat' so that messy hands don't get the Nintendo DS all covered in food," says Nintendo Canada's Matt Ryan.

With that in mind, Bridget and I decided to travel the Personal Trainer: Cooking world by doing just that: Travelling the world of cooking, by country. Alternate pptions include by ingredient — no Bridget, there isn't anything that includes bacon wrapped in bacon, sprinkled with bacon— requirements, or key word. We went to France and discovered a terrific recipe for onion tart (and bacon, natch), and started to follow the step by step cooking instructions.

"Personal Trainer: Cooking is a virtual cookbook that also includes ingredient checklists (which you can actually take to the store with you on your Nintendo DSi), tutorials by photo and video as well as a DS Chef that actually talks to you throughout the prep and cooking," explains Ryan.

Bridget flipped through the videos as I put together our tart. "You're doing that wrong, Mom! Try this!"

When we finished cooking, we discovered we could record what we had made, on which date, and how often. This, I think will be especially useful when the kids sit down to dinner and say, "Again? You always make this!" and I can honestly say, "Nope, not since March 3, 2009." Now pass the bacon.

Paltrow's detox diet

Gwyneth Paltrow is slimmer thanks to a mostly juice detox diet she followed for three weeks, usmagazine.com reports. "I feel pure and happy and much lighter," the actress writes in her GOOP newsletter. METRO NEWS SERVICES

Celebrity Buzz

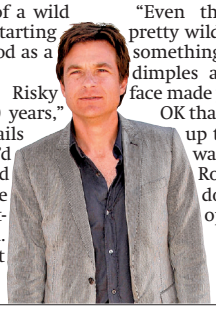
Bateman hints at younger, wilder days

RISKY BUSINESS Though he's mellowed since then, Jason Batemen admits he went through a bit of a wild period after starting out in Hollywood as a child star.

"It was like Risky Business for 10 years," he tells Details magazine. "I'd worked so hard that by the time I was 20, I wanted to play hard. And I did that really well." His close pal, Jennifer Aniston, was there for some of the craziness.

"Even though he was pretty wild in those days, something about those dimples and that sweet face made you go, 'Oh, it's OK that you just drove up the street backwards in a Range Rover with the door wide open,'" she says.

METRO WORLD NEWS



GETTY IMAGES

Spike feels for Jackon's daughter

AT THE MEMORIAL Spike Lee, who attended Michael Jackson's memorial service Tuesday, says watching the late pop star's 11-year-old daughter Paris take to the stage and talk about her father was brutal, people.com reports.

"How can you even comprehend a young daughter bemoaning the loss of their dear father, their daddy," says the celebrated film director, 52, who knew Jackson for more than a decade. "We know Michael the entertainer, but to her, that's just daddy."

In 1996, Lee traveled to Brazil to direct Jackson in his music video, They Don't Care About Us.

METRO NEWS SERVICES

Wardrobe malfunction

ACCIDENTAL FLASH Emma Watson laughed off an accidental red carpet wardrobe malfunction during an appearance on last night's Late Show With David Letterman, usmagazine.com reports.

The actress inadvertently flashed her underwear at Tuesday's London Harry Potter premiere while adjusting her floor-length vintage Ozzie Clark dress in the pouring rain.

"This was a small wardrobe malfunction that happens," Watson, 19, giggled to Letterman while holding her head in her hands. "I actually don't remember it happening."

There was one saving grace though. "At least I'm wearing underwear!" she joked.

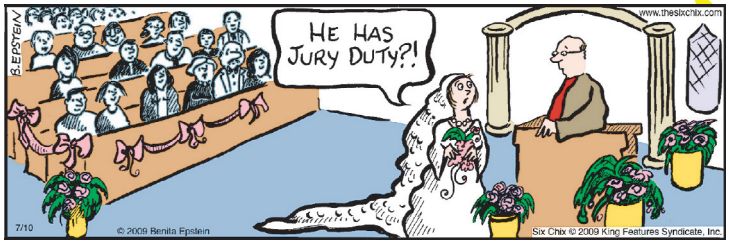
METRO NEWS SERVICES

Madonna's a shrewd buyer

REAL ESTATE Looks like Madonna is a shrewder real estate buyer than everyone thought. Deeds filed for her new Manhattan townhouse show that the property was purchased for $32 million US, even though it was listed for $45 million, according to the New York Observer. And since there were no mortgage records filed as well — she doesn't have to worry about foreclosure down the line.

METRO WORLD NEWS

ComicsOnline — For more cartoons, visit metronews.ca



designerDepot LABELS

CLEARANCE SALE

3 HUGE DAYS!
FRI • SAT • SUN

event!

MEN'S, LADIES AND BOYS FASHION AT

$10 $5 $20 $15

50% TO 80%* OFF
LOWEST TICKETED PRICE

FOR HER!

MAJORA TANKS 3 FOR $15!
SUMMER DAY DRESSES $10!

FOR HIM!

MEN'S POLOS 2 FOR $15.99!
MEN'S SHORTS $10!

CLIP&SAVE!

TAKE AN EXTRA 10% OFF ENTIRE PURCHASE!

CLIP THIS COUPON and save an additonal 10% OFF YOUR ENTIRE PURCHASE when you spend $100 before tax.

Some exceptions apply, see store for details. expires July 13 2009

designer Depot LABELS

RED DEER	CALGARY	CALGARY	EDMONTON	EDMONTON
PARKLAND MALL 4747 67TH St.	NORTHLAND VILLAGE MALL 5111 NORTHLAND Dr. NW	SUNRIDGE POWER CENTRE 2929 SUNDRIDGE WAY NE	WEST POINT CENTRE 17540 100TH AVE	SOUTH COMMON 1620 99TH ST. NW

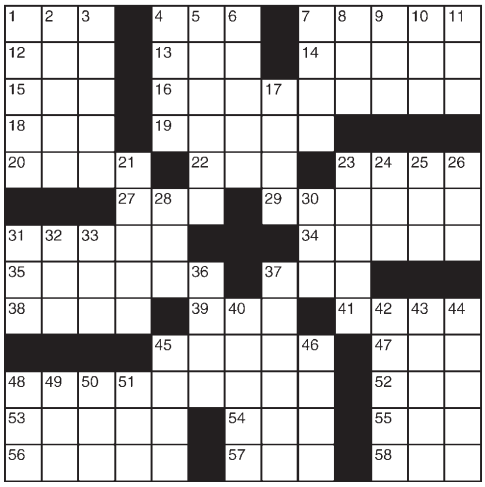
*SOME EXCEPTIONS • SELECTION VARIES BY STORE • SOME ITEMS NOT EXACTLY AS ILLUSTRATED • WHILE SUPPLIES LAST • SEE STORE FOR DETAILS

BREAKFAST TELEVISION

Friday Early showers 21 C / 8 C
Saturday Partly cloudy 25 C / 10 C
Sunday Partly cloudy 23 C / 11 C

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."
WEEKDAYS AT 6 A.M.

Take Five



Crossword across

1 A welcome sight?
4 "Eureka!"
7 Halloween option
12 "The — Daba Honeymoon"
13 Wager
14 Proportion
15 Gridlock component
16 Garnet variety
18 Fool
19 Steeple
20 Expert
22 — de cologne
23 Frat-party garb
27 Started
29 Cheap
31 "Cats" inspiration
34 Put into words
35 Small chicken
37 Feathery accessory
38 Osseous
39 Tokyo's old name
41 Region
45 Incarcerates
47 Crony
48 Simon's partner
52 "Hail!"
53 Pseudonym of a sort
54 Prior to
55 Trail the pack
56 Wear
57 Boar's mate
58 Crafty

Crossword down

1 Large, showy parrot
2 Embarrass
3 Ankles, to anatomists
4 Rudiments
5 Piled
6 Places in the heart
7 Verifiable
8 Operated
9 List-ending abbr.
10 Have a bug
11 Placekicker's pride
17 Very dry, as champagne
21 Polish money
23 November birthstone
24 Kyoto cummerbund
25 Card-table call
26 Consumed
28 H, to Hellenes
30 Seek the hand of
31 Go back
32 "7 Faces of Dr. —"
33 Hostel
36 Intend
37 Ravel piece
40 Levees
42 Fiery gems
43 Fleet-related
44 Plaintive poem
45 Equitable
46 Passel
48 Petrol
49 Heidi's height?
50 Carnival city
51 Distant

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	6	2		8	5	9		
	4				6			3
			1	7				
		3				1	4	
			5		8			
	9	8				6		
				9	7			
2			8				1	
		6	3	1		7	8	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	6	1	7	5	9	8	4	3
4	3	7	2	8	1	9	6	5
5	8	9	6	3	4	1	2	7
9	4	6	3	7	8	2	5	1
3	1	2	9	4	5	7	8	6
7	5	8	1	2	6	3	9	4
1	2	4	5	9	3	6	7	8
6	7	5	8	1	2	4	3	9
8	9	3	4	6	7	5	1	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Pork with Egg Noodles

INGREDIENTS:
Salt and black pepper
1 lb (500g) pork fillet
8 scallions
2/3 lb (300 g) celery
2/3 lb (300 g) small button mushrooms
1 tbsp (15 ml) olive oil
1/2 lb (230g) egg noodles
3 tbsp (45 ml) wholegrain mustard
3/4 cup (175 ml) whipping cream

METHOD:
1. Preheat oven to low setting to keep pork warm later. Put large pot of lightly salted water on to boil for noodles.
2. Cut pork into thin strips; season with pepper. Trim, rinse, and slice onions and celery; clean and slice mushrooms.
3. Heat half the olive oil in wok or frying pan over high heat and stir-fry pork 4–5 minutes, until lightly coloured. Remove and keep warm.
4. Add remaining oil to wok or pan with celery and half the scallions and stir-fry for 5 minutes. Add mushrooms and cook until soft.
5. Add noodles to boiling water, cook for 3 minutes, then drain well.
6. Stir mustard and whipping cream into vegetables and bring mixture to boil. Add pork, heat through, then season to taste.
7. Serve pork stir-fry spooned over noodles, sprinkled with remaining scallions.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Forget about duty, forget about what other people say has to be done — your one and only aim today is to have fun.

TAURUS ♉
APRIL 21-MAY 21
Act as if important people are watching you closely today — because in all probability they are. You may be offered some kind of promotion.

GEMINI ♊
MAY 22-JUNE 21
Today's magnificent Jupiter-Neptune alignment will bring a stroke of good fortune you did not dare dream was possible.

CANCER ♋
JUNE 22-JULY 22
If what you get out of something today seems way out of proportion to what you put in, you may feel like a fraud — but you deserve your reward.

LEO ♌
JULY 23-AUG 23
According to the planets life is good and will get even better over the weekend. Spare a thought for someone who has not had it as good as you.

VIRGO ♍
AUG 24-SEPT 22
No matter how many times your ambitions have been frustrated you will enjoy some kind of success today and tomorrow.

LIBRA ♎
SEPT 23-OCT 23
Today's Jupiter-Neptune union in the sympathetic sign of Aquarius will help you to reach your full potential. Lady Luck is very much on your side.

SCORPIO ♏
OCT 24-NOV 22
You are going through a cycle where many of the things you believe are being questioned or put to the test. Don't be so fixed in your attitude.

SAGITTARIUS ♐
NOV 23-DEC 21
A friend or relative will go out of their way to make you feel good today, which in turn will make you feel good about the world as a whole.

CAPRICORN ♑
DEC 22-JAN 20
You have done what was asked of you and now you can follow a new path, one that satisfies desires that have for too long been suppressed.

AQUARIUS ♒
JAN 21-FEB 18
A once-in-a-lifetime chance to show how much you care, not just for one individual but for the world as a whole, is about to present itself.

PISCES ♓
FEB 19-MARCH 20
It may well be that someone you thought you could trust has been telling tales about you behind your back, but is it worth making a fuss about?

Kiosk Now Open in Southcentre Mall, Upper Level
FREE SAMPLES
enigma soap & bath
Fragrant Soap Bars • Bath Salts • Liquid Soap
Locally handcrafted, vegan & kid friendly • 403-680-2796

HAKIM OPTICAL
2 PAIR
Hakim Designer Eyeglasses
$299 FROM
Including Single Vision and Regular Bifocals. Regular price $500.
Over 150 Discount Outlets... 110 One Hour In-Store Labs
For nearest location call: 1-877-524-2020 • www.hakimoptical.ca

= $
Rentals and Sales
Christopher Kellett | 403.990.9297 | www.serlox.com
Licensed MLS Realtor for Power Properties with 10 years Property Management Experience

2 DAYS ONLY

SATURDAY, JULY 11TH & SUNDAY, JULY 12TH

$59.99
ALL women's dresses
In the dress department
Reg. up to $215
Excludes New Fall 2009 Arrivals.
Includes clearance-priced items.

$29.99
Women's spring & summer
NYGÅRD COLLECTIONS†
Reg. up to $138
Available in Missy, Petites & regular sizes.
Includes clearance-price items.

$49.99
ALL women's & men's footwear by
NIKE, PRIVO, ADIDAS & **SKECHERS**
Reg. up to $99.99
Excludes clearance-priced styles.

ALSO,
$59.99
ALL men's shoes by
ALFANI, SPERRY, TIMBERLAND, STACY ADAMS, KENNETH COLE REACTION & **Unlisted by KENNETH COLE**
Reg. up to $120
Selection will vary by store.
Excludes clearance-priced styles.

$200 OFF ALL BBQs
ALSO, 40%-60% OFF
ALL patio furniture, patio accessories & BBQ accessories

the Bay

†Excludes items with 99¢ price endings, Stretch denim, Super soft tops, Pinstripe, Fundamentals & new fall arrivals.
Shop early. Don't be disappointed. No rain checks & no price adjustments. Offers available while quantities last. Selection will vary by store. Savings are off our regular prices, unless otherwise specified. See in-store for details.

Can I be doing better with my money?

Yes. Follow BMO® SmartSteps to start saving more money.

We'll set you up on the spot to do better with your money by generating automatic savings every month, minimizing your banking fees, eliminating extra fees like overdraft charges, growing your savings tax-free, and seeing how to take years off your mortgage.

Visit a branch to start saving today.

BMO® Bank of Montreal

Making money make sense™

™/® Trade-mark/registered trade-marks of Bank of Montreal.